Wednesday's Jackpot
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estimated
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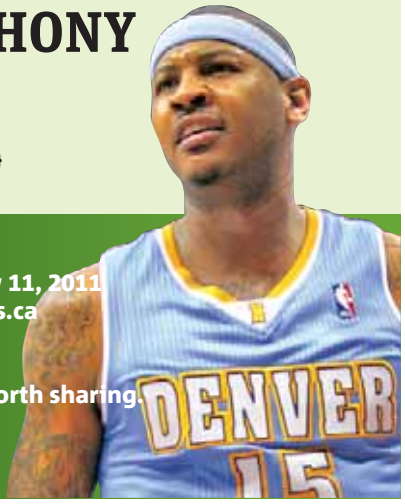
IT'S TIME TO DROP THOSE BAD HABITS
NEW YEAR, NEW YOU {pages 21-24}

A NEW JERSEY?
CARMELO ANTHONY TRADE WATCH CONTINUES {page 41}



TORONTO metro®
Tuesday, January 11, 2011
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News worth sharing.

Show. Renewed

▶ Actress Shay Mitchell speaks at Disney ABC Television Group's Winter Press Tour yesterday in Pasadena, Calif.

FREDERICK M. BROWN/GETTY IMAGES

Hooray for Shay and her Pretty cast

Mitchell, a Toronto native, plays Emily Fields on the ABC Family series Pretty Little Liars. The network announced yesterday it was renewing the show for another season, along with The Secret Life Of The American Teenager.

Slash and burn delayed

Ford's first budget puts expected spending cuts on the back burner ◐ Mayor says he's 'not happy' about a possible 10-cent TTC fare hike in February

The man who rose to power in Toronto by running a nearly single-message campaign of spending cuts delivered a budget yesterday that left programs and services largely intact — for now.

Mayor Rob Ford's inaugural budget contained no major service cuts and no property tax hikes, though it also came with a strong indication that his expected slash and burn is yet to come.

While the proposed 2011 budget is largely a stay-the-course affair, the mayor, who took office last month, warned that the 2012 budget will bring "more significant changes to the way we spend our money."

Most departments and agencies met cost-cutting targets, Ford said. The ones that didn't were told in no uncertain terms that cuts are coming, whether they like it or not.

"Their managers and their boards of directors decided their interests were more important than the taxpayers' interests," Ford said.

"I will assure you as part of our upcoming department-review process we will focus on those agencies first and foremost. If they are unable to manage effectively in the best interests of the taxpayers, then we will have to find new managers that can."

Beginning in March outside experts will conduct detailed departmental reviews "with a fine-tooth comb" to find savings, Ford said.

"They will leave no stone unturned."

The 2011 budget even amounts to a marginal spending increase — a $9.4-billion gross operating budget this year, compared to $9.3 billion last year.

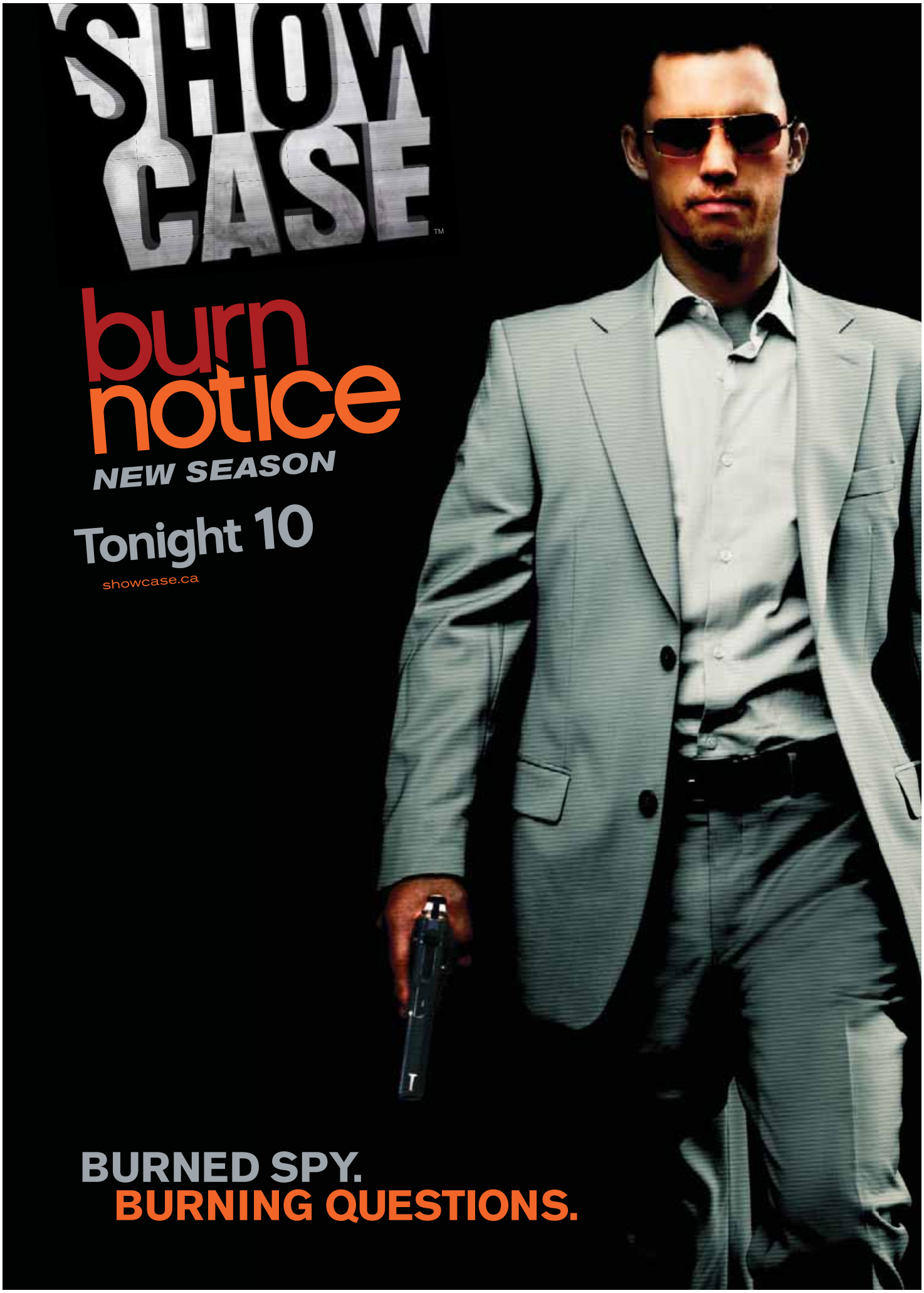
THE CANADIAN PRESS/ MORE COVERAGE, PAGE 3

Accused shooter appears in court

U.S. congresswoman remains hospitalized {page 8}

Next fall's newest courses

Learning Curve looks at post-secondary programs {page 36}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Fare or not, TTC may boost prices

Increase would cost riders $60 a year Drivers save same amount on vehicle tax eliminated by mayor

Mayor Rob Ford is not happy, TTC chair Karen Stintz isn't happy and it's a safe bet that the one million people who take the TTC every day won't be happy with the threat of a 10-cent fare hike that would take effect Feb. 1.

While the mayor said the city and transit commission will continue to look for efficiencies to eliminate the increase, "at this point the staff recommended budget includes the 10 cents," said Stintz. The TTC board will hold a special public meeting tomorrow to discuss the details of the budget.

The increase would bring the TTC about $24 million in revenue at a time when record ridership continues to grow with 483 million rides forecast this year.

Although cash fares would remain unchanged, token prices would increase 10 cents to $2.60 and a regular Metropass would cost $126, $5 more per month.

"We've had record high ridership and as we have increased ridership we have increased costs," said Stintz, who underlined that no one will be losing their bus routes.

The proposed budget gives the TTC $1.4 billion — $66 million more than last year. About $1 million of that will go toward making the system cleaner, said TTC chief general manager Gary Webster.

TORSTAR NEWS SERVICE

metronews.ca/toronto

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ A 10-cent fare increase expected for Feb. 1 won't affect cash fares.

Service changes

TTC chair Karen Stintz, above, said that when the TTC expanded bus service hours in 2008 to match the subways, there was an assumption that ridership would expand to meet that service. That has not been the case, she said.

- **Effective March 27,** the TTC is shifting more buses to rush hour and midday and reducing operation and hours of those that serve no more than 12 riders per hour, a move expected to save $7 million this year.
- **48 routes** will take a hit to late night, weekend and off-peak service.
- **Every ride** costs $3 but only nine per cent of riders pay that in cash fares.

More snow on the way

The city is expected to receive at least two centimetres of snow by tomorrow morning, Environment Canada says. Toronto commuters should prepare for rush-hour snowfall this evening.

A storm moving up from Oklahoma will bring steady snowfall to the GTA starting at about 6 p.m., Environment Canada meteorologist Geoff Coulson said.

The rest of the work week should be "relatively quiet," but more snow is expected this weekend, he said. The city typically receives storms from the American southwest this time of year, he added.

Temperatures are colder than normal for this time of year, Coulson said.

TORSTAR NEWS SERVICE

–6C The normal high for this time of year is –2 C. Toronto's daytime high this week is expected to be about –6 C thanks to persistent winds from the north.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Snowplows make their way south on the DVP.

News in brief

Airbag injures boy in minivan

ACCIDENT. An 11-year-old boy was hurt yesterday when a minivan hit the back of a TTC bus on Victoria Park Avenue near Lawrence Avenue East and the airbag deployed in the front passenger seat where the boy was sitting, Traffic Services Sgt. Tim Burrows said.

The child was transported to hospital with what were initially thought to be life-threatening injuries but were later determined to be non-life-threatening.

THE CANADIAN PRESS

Man arrested in cold case

ASSAULT. Police have made an arrest in cases dating back to between 1975 and 1982 when two young girls allegedly were sexually assaulted.

Jon James Maillard, 70, of Toronto, is charged with two counts of indecent act on a female and one count of sexual assault. THE CANADIAN PRESS

1 news

News on the move

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Allan Small questions why stock markets aren't keeping up with the good economic news. More at metronews.ca/investing

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KEITH BEATY/TORSTAR NEWS SERVICE

▶ Rick Smiciklas is the founder and owner of Wild Wing, the Canadian chain trying to fend off the expansion of Buffalo Wild Wings, an American company set to open its first Canadian restaurant in May.

Chicken wing war getting hot and spicy

U.S. chain plans to open 50 restaurants in Canada in next five years ◐ Inaugural franchise in Oshawa

KEITH BEATY/TORSTAR NEWS SERVICE

▶ Rick Smiciklas

Rick Smiciklas, Ontario's self-styled chicken wing king, is girding for a fight.

The founder and owner of the Aurora-based Wild Wing sports bar franchise says he is launching a lawsuit against Buffalo Wild Wings Grill and Bar, the U.S. wing giant that broke ground at its first Canadian location last week.

"These are big bad Americans trying to ruin a little guy like me," said Smiciklas, who is also a local boxing promoter. "I'm not afraid to fight these guys."

The lawsuit has yet to be filed in court, but Smiciklas said it alleges the Minneapolis-based Buffalo Wild Wings is infringing on his company's intellectual property rights, misleading customers and "creating all kinds of confusion in the marketplace" with its similar name.

Kim Saunders, who works for Fleishman-Hillard, the public relations firm that represents Buffalo Wild Wings, said the company will have no response until the claim is formally filed in court.

"We are continuing to move forward with our Canadian expansion plans and are confident that we have the right to use the name and trademarks for Buffalo Wild Wings here in Canada," Saunders wrote in an email.

TORSTAR NEWS SERVICE

HALTON CATHOLIC SCHOOLS

Gay-straight student alliances banned

The Halton Catholic District School Board has banned student gay-straight alliances, despite a new Ontario law that urges schools to create these or similar equity-based clubs if requested by a student.

The controversial decision by the sprawling school board west of Toronto has sparked outrage among gay rights and equity activists — including a Halton board trustee who is gay — and launched a Facebook petition. It has even been slammed by American celebrity blogger Perez Hilton.

Under particular fire is board chair Alice Anne LeMay for naming "Nazi groups" as another type of student group that, like gay-straight alliances, do not belong in schools, noting they "don't fall within the teachings of the Catholic Church."

TORSTAR NEWS SERVICE

Province stamping out bedbugs

Ontario's 36 public health units will soon be able to apply for $5 million in funding to combat bedbugs, which have made a resurgence over the past few years.

The province announced yesterday it will invest the money to support local education and awareness programs and vulnerable and frail populations who can't afford to battle the bugs on their own.

THE CANADIAN PRESS

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Gay rights trump faith: Court

Decision says proposed law would be unconstitutional, and amount to anti-gay discrimination

Saskatchewan's top court has said marriage commissioners cannot use religion to say no to nuptials for same-sex couples.

The Appeal Court had been asked by the government to rule on a proposed provincial law that would have allowed commissioners to cite religious grounds in refusing to marry gays.

The head of the Gay and Lesbian Community of Regina welcomed yesterday's decision.

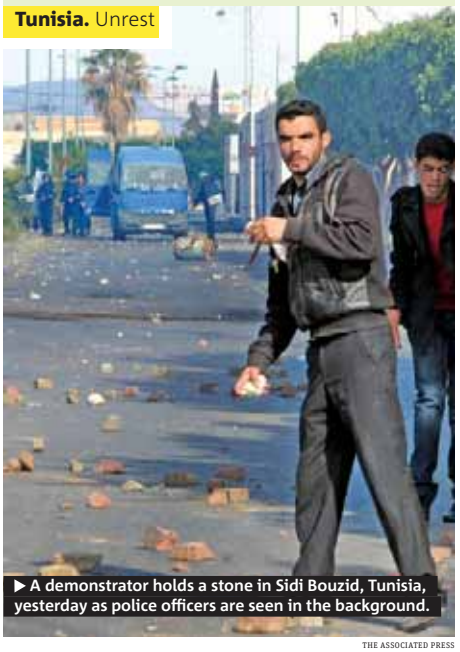
"I guess it was a sigh of relief," said president Cory Oxelgren. "I'm not surprised. I wasn't surprised at the ruling. I was sort of surprised that it was unanimous." THE CANADIAN PRESS

Charter invoked

The court was asked to consider two options: allowing all marriage commissioners the right to refuse same-sex couples or including a "grandfathering option" that would allow those appointed before November 2004 to say no.

- The court said both would be out of line with the Charter of Rights and Freedoms because they would violate the equality rights of gays and lesbians.
- The federal government passed legislation in 2005 allowing same-sex marriages.

Tunisia. Unrest



▶ A demonstrator holds a stone in Sidi Bouzid, Tunisia, yesterday as police officers are seen in the background.

THE ASSOCIATED PRESS

Schools close amid riots

Tunisia yesterday temporarily shut down all its high schools and universities as it tried to stop deadly riots over joblessness and poor prospects for youths. At least 14 people were killed in unrest this weekend.

By all means, breastfeed in public

A woman who was told to quit breastfeeding her infant daughter in a secluded part of a children's clothing store has received an apology from the company's president.

Shannon Smith was shopping at a Montreal boutique last Wednesday when her five-month-old daughter got hungry, so she began to nurse her in a secluded play area meant for kids.

Employees at the Orchestra store told Smith she wasn't allowed to breastfeed there.

Jean-Claude Yana, president of Les Vetements Orchestra Canada Inc., wrote Smith last Friday apologizing for the incident, which he blamed on a new employee who was not properly trained. THE CANADIAN PRESS

RCMP inquiry begins

The mother of one of four Alberta Mounties shot dead by a gunman sought reassurance from the coroner on the first day of an inquiry that her son didn't suffer.

"How soon before he would have died?" Grace Johnston, tears catching her voice for long pauses, asked Dr. Bernard Bannach.

Mandate

- The fatality inquiry, which had been delayed until now while other court proceedings were ongoing, can't assign blame in the killings but is intended to make recommendations to prevent future tragedies.

Bannach replied that her son, Const. Leo Johnston, would have been clinically dead "10 to 15 seconds" after being shot four times. THE CANADIAN PRESS

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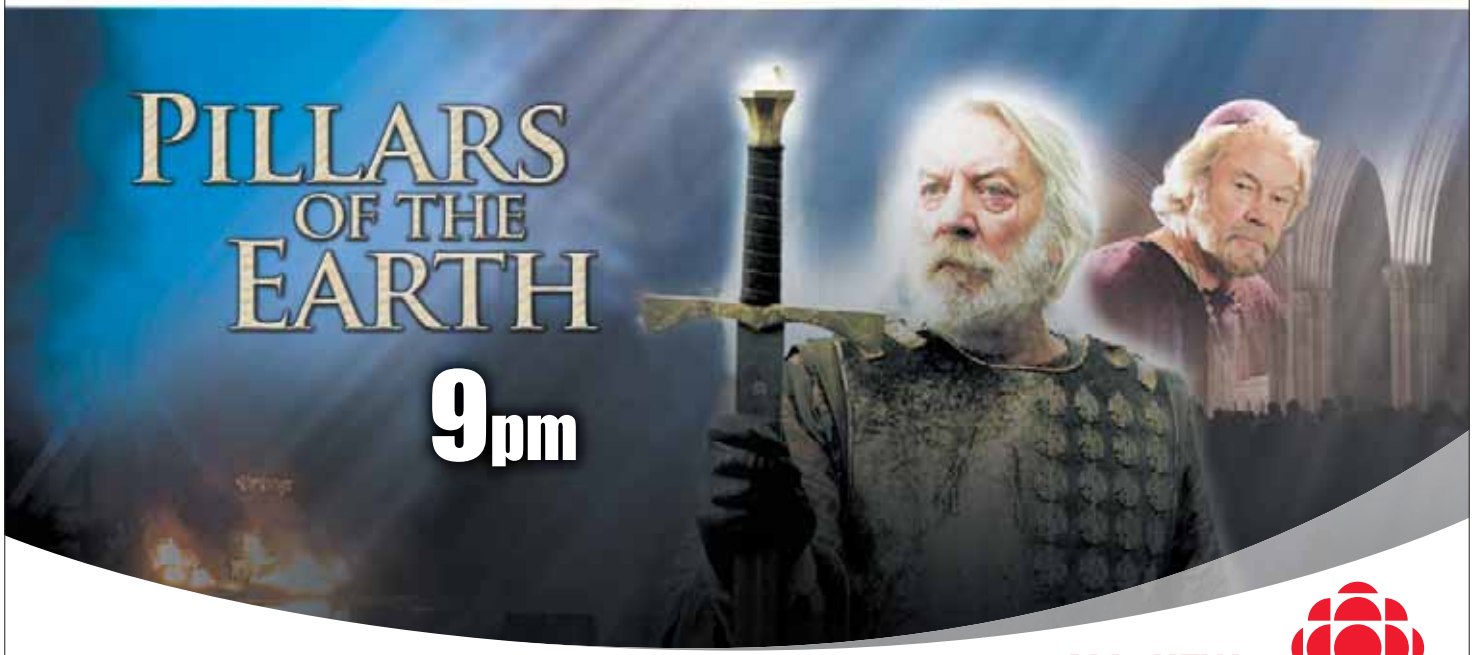

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News in brief

JACK PLUNKETT/THE ASSOCIATED PRESS FILE

▶ Tom DeLay

3 years in jail for former U.S. congressman

A judge has ordered former U.S. House Majority Leader Tom DeLay to serve three years in prison for his role in a scheme to illegally funnel corporate money to Texas candidates in 2002.

He was once one of the most powerful men in U.S. politics, ascending to the No. 2 job in the House of Representatives. **THE ASSOCIATED PRESS**

31 Acapulco deaths in 4 days

Police say a man has been slain on a main highway leading into Acapulco, Mexico, bringing the number of people killed in the city over four days to 31. **THE ASSOCIATED PRESS**

N.S. man jailed for hate crime

One of two Nova Scotia brothers convicted of a hate crime for burning a cross in front of the home of an interracial couple is facing two months in jail after receiving a six-month sentence yesterday. **THE CANADIAN PRESS**

Pay your pet tax, or else

The Swiss village Reconvilier has found a drastic way to compel dog holders to pay their pet's annual tax.

A local official said a law from 1904 allows the village to kill dogs if its owner does not pay the charge. **THE ASSOCIATED PRESS**

Shooting suspect appears in court

Arizona congresswoman Gabrielle Giffords is in a medically induced coma Her condition is stable: Doctor

CHRIS CARLSON/THE ASSOCIATED PRESS

▶ Mourners leave a note at a memorial at Mesa Verde Elementary in Tucson, Ariz., yesterday for student Christina Green who was killed in the shooting.

Jared Loughner, the 22-year-old loner accused of trying to assassinate a U.S. congresswoman and killing six others, appeared in court yesterday with his head shaved, a cut above the right temple and his hands cuffed.

A federal judge, a congressional aide and a young girl were among the six people killed. Republican Gabrielle Giffords and 13 others were injured in the bursts of gunfire outside a Tucson supermarket.

Loughner was represented by Judy Clarke, who had earlier defended "Unabomber" Ted Kaczynski.

The judge asked Loughner if he understood that he could get life in prison — or the death penalty — for killing federal Judge John Roll, one of the six who died in the shooting rampage at Giffords' meeting with constituents on Saturday in Tucson, Ariz.

"Yes," he said, standing at a lectern in his beige prison jumpsuit. A U.S. marshal stood guard nearby.

The judge ordered Loughner held without bail. **THE ASSOCIATED PRESS**

The suspect

THE ASSOCIATED PRESS

▶ Jared L. Loughner

According to a federal complaint, investigators found an envelope in a safe at Loughner's home. "I planned ahead," "my assassination" and "Giffords" was written on the envelope.

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Market moment

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Gold contracts $1,374.10 (+ $5.20)

Household debt level alarms BoC

Bank of Canada deputy governor Agathe Cote said yesterday that restraining household debt is a key to the economic recovery.

The fear is that if a shock occurs or interest rates rise, Canadians saddled with high debt payments will need to curtail spending on other areas. That's a problem for the economy, since about 60 per cent of demand comes from household spending.

It's not just Canadians taking out mortgages to buy homes, she said. A big part of the rising indebtedness is homeowners using their house collateral to borrow for other purposes, including renovations, consumer goods purchases and paying off other kinds of debt. THE CANADIAN PRESS

OSC looking at changes

The Ontario Securities Commission says it is pushing ahead with a review of protection for shareholders' rights and is considering regulatory changes such as a mandatory "say-on-pay" policy.

It is asking for feedback by March 31 on whether it should make changes on three issues — enforcing shareholder votes on nominees to boards of directors; mandatory advisory votes on executive compensation; and the proxy voting system. THE CANADIAN PRESS

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Volt gets coveted auto show award

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Thomas G. Stephens, GM vice-chairman global product operations, holds the trophy yesterday for the North American Car of the Year, awarded to the 2011 Chevrolet Volt at The North American International Auto Show in Detroit.

Electric car 'represents the soul' of the new GM, says a top official

The 2011 Chevrolet Volt got another marketing jolt yesterday, when it received the North American Car of the Year award.

The car that runs on electricity for 65 kilometres before a backup gas engine kicks in beat out the Nissan Leaf, another electric, and Hyundai Sonata in the annual ceremony on the first day of media previews for the Detroit Auto Show.

The Ford Explorer won the truck of the year, the third year in a row the automaker nabbed the honour. Truck finalists were the Dodge Durango, the Explorer and Jeep Grand Cherokee.

Forty-nine auto journalists from the U.S. and Canada made the picks. The vehicles are judged on innovation, design, safety, handling, driver satisfaction and value.

It's the latest in a string of accolades for the Volt, which went on sale in limited markets in December and costs $40,280. It was named the Green Car of the Year at the Los Angeles Auto Show in November and Motor Trend and Automobile Magazine named the Volt the 2011 car of the year the same month.

It will be well into 2012 before both the Volt and Leaf, which costs $32,780, are available countrywide. Early demand is strong: About 50,000 people already are on waiting lists.

The Volts are being assembled in Detroit. GM predicts it will sell 10,000 of them in 2011 and between 35,000 and 45,000 in 2012. By way of comparison, Chevrolet sold 187,250 Malibu sedans in the first 11 months of 2010 with sticker prices that start at $21,975. THE ASSOCIATED PRESS

350

GM sold between 250 and 350 Chevy Volts in December and Nissan's sales totalled less than 10 Leaf sedans in the past two weeks. Production for both is slowly ramping up.

MATT SAYLES/THE ASSOCIATED PRESS FILE

▶ Hugh Hefner

Hefner takes Playboy private

The publisher of Playboy magazine said yesterday it has agreed to a sweetened offer by founder Hugh Hefner to take the company private.

The price of $6.15 a share is an 18 per cent premium over Friday's closing price and values the company at $207 million. The bid tops Hefner's offer of $5.50 per share in July.

A group led by Penthouse magazine has also made an offer for Playboy Enterprises Inc. valued at $210 million. But Hefner is Playboy's largest shareholder with about 70 per cent of the company's voting shares and 28 per cent of the nonvoting stock.

The company's namesake magazine has struggled with competition from the web, losing readers and advertisers.

Playboy's management has been trying to transform the company from a publishing and TV business into a "brand management" company, leaning more on revenue from licensing out the Playboy name and bunny ears for a range of products. THE ASSOCIATED PRESS

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Barcelo Bavaro Casino (3+)	1059	1045	1135	1125	1145	1185
Barcelo Bavaro Palace (4)	1227	1275	1312	1399	1316	1419
Barcelo Dominican Beach (3+)	1122	1145	1180	1225	1180	1270
Barcelo Punta Cana (4)	1092	1092	1102	1222	1122	1222

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SEEKING HOT SHOWER AND A GOOD SALAD

She says ...

JESSICA NAPIER

Being an immigrant in our wonderfully diverse nation is not exactly a novelty. You could ask 10 strangers on the subway about their heritage and nine would identify themselves as Canadian slash something or other.

However, unlike all of those "My great-grandmother was from Manchester and even though I've never been there I totally identify myself as part English and that's why I pronounce it *leisure* not leeee-sure" individuals, I'm *actually* British. I was born and raised in England until the age of 12 when I moved to Canada for the superior orthodontic work.

As a Limey expat it's my duty to go back every couple of years to visit cousins and eat copious amounts of Cadbury chocolate. Last weekend I returned from a Christmas pilgrimage across the pond and even though I had a jolly good time I am very (VERY) glad to be back.

There is something to be said for the comforts of home, specifically the modern North American luxuries we take for granted, such as central heating, efficient snow removal and artisan salads.

"Most of these medieval amenities have been designed with a four-foot-tall peasant in mind."

The British have never been known for their outstanding cuisine but thanks to globalization and Jamie Oliver the food situation in England has improved significantly over the past 10 years. However, meat pies and breaded stuff with chips still seem to be menu staples at most U.K. eateries. Ten days straight of greasy Full English breakfasts washed down with lager has left me feeling bloated and on the brink of contracting scurvy.

But I can live with the vitamin-deficient dietary options. What I really have trouble with is the plumbing.

Many of the country's historic buildings date back to the 11th century and, as such, bathrooms (ahem, I mean loos) across England are hundreds of years older than Canada.

Think about that for a minute.

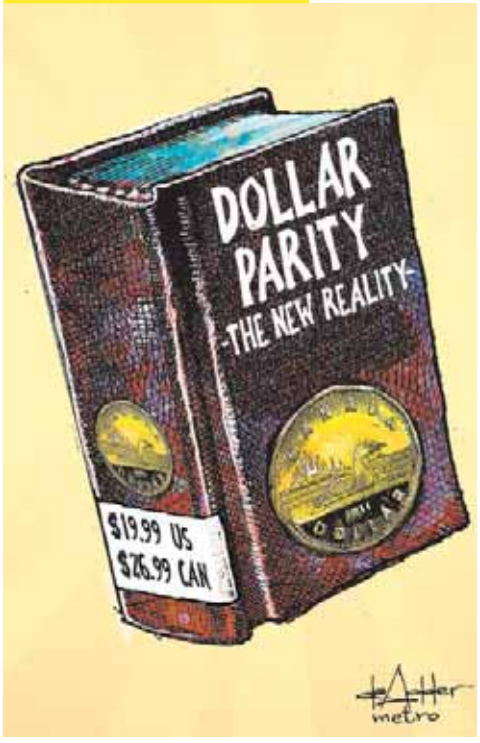
Most of these medieval amenities have been designed with a four-foot-tall peasant in mind. A standard-issue sink comes up to your kneecaps, bathtubs only really fit one leg at a time and you are more likely to bump into a Spice Girl on the underground than find a shower with decent water pressure.

So, next time you're complaining about the wind chill factor, just remember, it may be cold in the Great White North but you can always find a restaurant that serves broccoli and go home to a nice hot shower.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Don't worry, be happy

Worth mentioning

Spending cuts, rising unemployment, dour winter weather — it's not a good time to ask voters how happy they are.

But that's just what British Prime Minister David Cameron is doing as part of a pledge to improve Britons' lives beyond pure financial gain in the wake of the global recession.

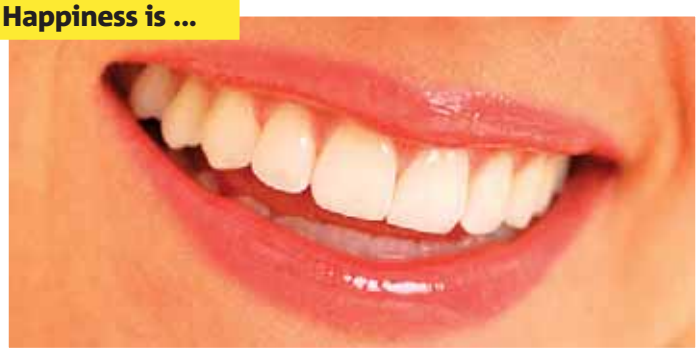
Government statisticians this year will begin measuring the country's well-being, and yesterday they released details from initial consultations on what the new index should measure, and how it should be measured.

Job security, relationships with family and good health topped the list of indicators that Britons believe are most important.

Apparently stung into action by a recent poll that ranked Britain 13th among 22 European countries in terms of life satisfaction, Cameron ordered his government to find ways to make everyone happier.

Cameron's happiness drive follows a similar move two years ago by French President Nicolas Sarkozy, while Canada has also developed a national well-being index, a concept pioneered by the small Himalayan kingdom of Bhutan in the early 1970s. THE ASSOCIATED PRESS

Happiness is ...



What's your favourite part of the day? Why?

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Metro Minute at Kiva's Bagel Bar

You'll never get two people to agree on the best bagels in town. In fact, it's hard enough to have a conversation about Toronto bagels without someone making a smug throwaway remark about the superiority of Montreal bagels. OK, Montreal, we get it: You're cooler than we are. But the fact is, we live here and Toronto is also pretty great, and we love us some circular dough. The trick, according to experts, is to boil the bagels long enough before baking them. And while they may not have the name recognition of Gryfe's, Kiva's Bagel Bar has the whole boiling thing down pat. The resultant bagels are chewy, delicious and authentic Toronto.

JORDANA DIVON

▶ Kiva's is moving its award-winning bagel bar to midtown. Its new location officially opens today at 15 St. Clair W.

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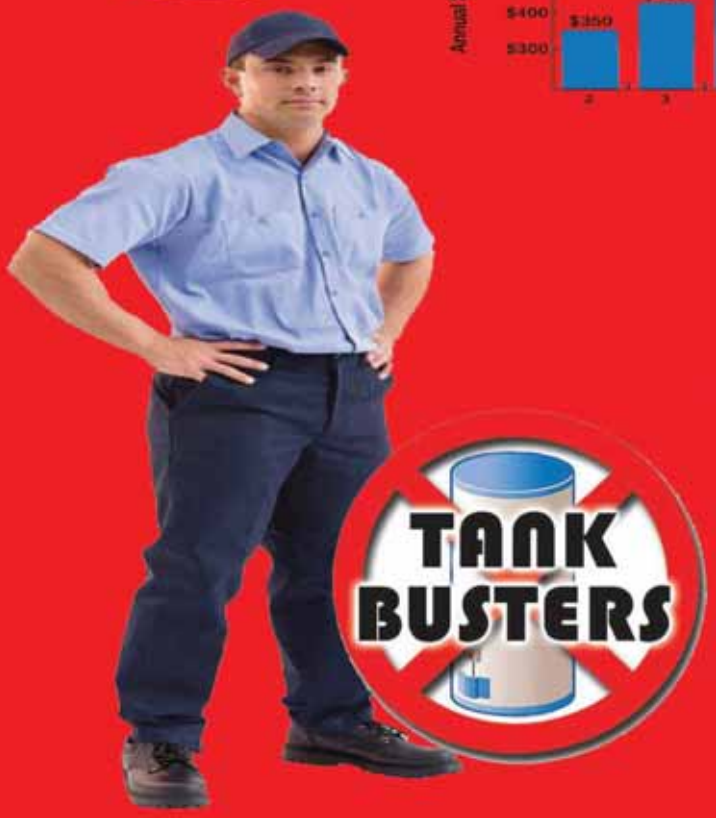

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TV star goes back to his musical roots

Known for his roles in The Wire and Fringe, Lance Reddick shows off his jazz skills Actor had originally wanted to be a rock star

Lance Reddick hopes his knack for picking hits in the television realm translates to his music career.

Reddick recently released his first album, Contemplations and Remembrances. The record has a jazzy flair that Reddick has worked on for more years than he cares to remember.

Although he's best known for his role as Lt. Cedric Daniels on the hit HBO series The Wire and currently stars on the Fox series Fringe as agent Phillip Broyles, Reddick, 41, is also a musician. He attended the prestigious Eastman School of Music, where he studied classical composition, and plays piano. Back when he was young, married and raising a child, Reddick found work as an actor, but never forgot his dream of becoming a recording artist. So with a little prodding, and a lot of time to contemplate, Reddick is proudly embarking on a recording career.

Which came first, music or acting? I'm assuming it was music.
Absolutely. Growing up I never imagined I would be an actor.

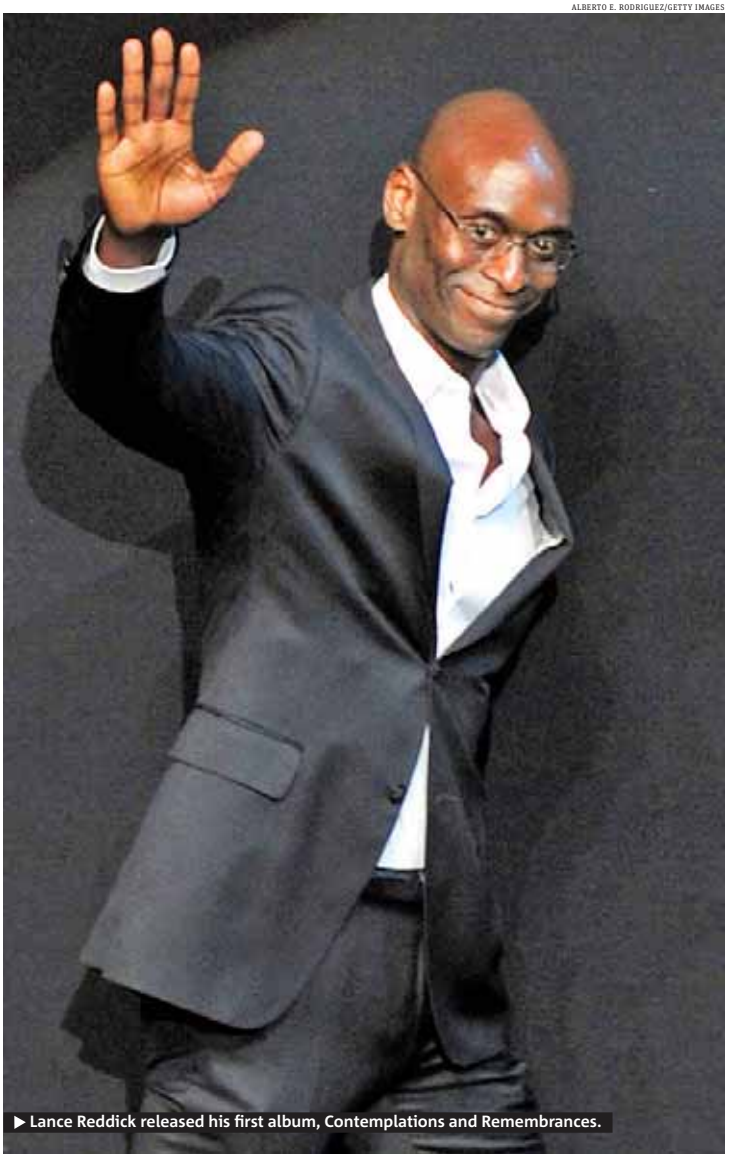
What gave you the courage to pursue a music career?
I grew up studying music. I went to conservatory. When I grew up I thought I was going to be a classical composer, and then I left music school because I was in denial because I wanted to be a rock star. I started acting after a few years of struggling.

What were the struggles?
I got married straight out of school. I started acting, almost on a whim to help my music career. There were songs I had written from while (I was) in my 20s. ... I would sing them around the house from time to time. My daughter said to me one day — this was about 10 years ago — "You should do something with that." I said, "Sweetheart, I think the time's passed. I think I'm too old." She said, "Daddy, that sounds like an excuse to me."

There seems to be a stigma when actors embark on a music career. How do you address that?
I'm aware of the stereotype. I was a musician first. It's tough. I'm not really into defending myself because for me with this particular project, the music speaks for itself. It's mostly jazz, it's so not a mainstream thing. For me if people like it, they like it. If they don't, they don't.

You said you wanted to be a rock star. What made you lean more toward jazz?
My style of writing never quite fit. It always seemed that what I wanted to do was a little more sophisticated than what was mainstream. THE ASSOCIATED PRESS

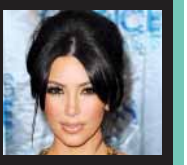
ALBERTO E. RODRIGUEZ/GETTY IMAGES



▶ Lance Reddick released his first album, Contemplations and Remembrances.

2 scene

News in brief



The sisters have been sued by a California company that created a prepaid debit card that endorsed the reality show starlets.

The Fresno Bee reports that Revenue Resource Group LLC filed suit in Fresno County Superior Court last week against Kim, Khloe and Kourtney Kardashian.

The sisters pulled out of the endorsement deal in November under criticism over the card's fees. The company's lawsuit claims they broke their contract and cost company at least $75 million in losses.

THE ASSOCIATED PRESS

Kirstine Stewart vows to connect with Canadians as head of CBC English Services

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Celebrity tweets

Adam Lambert [@adam lambert] Woah I lost some followers yesterday cuz I had a valid opinion about a tv show. Hahah.

Kathy Griffin [@kathy griffin] I swear Zac Efron said to me "you can touch it". Ok, ok, he was talking about his haircut...

David Spade [@David Spade] Playing golf. Got stuck in rocks for 127 seconds. Almost died

Steve Martin [@SteveMartinToGo] I paid a lot of money to go on vacation on a private jet, but it has a PILOT. METRO

Scarlett miffed at Ryan-Sandra talk

Source says actress upset that her ex-husband was spotted with a new woman so soon after breakup

There's at least one person who reportedly isn't happy to hear rumors about Ryan Reynolds and Sandra Bullock getting cosy, and that's Reynolds' estranged wife, Scarlett Johansson.

"Less than a month after they split that fool has gone and got himself photographed with (Bullock) on New Year's Eve of all days. Of course she is devastated," a source explains to Popeater. "Even if they are not a couple yet, this is very awkward for Scarlett. She too thinks of Sandy as a friend and hates the thought that Sandy is on team Ryan after the breakup, that is if she isn't already his girlfriend."

Reynolds and Johansson were married on Sept. 27 2008 and announced their separation on Dec. 14, 2010. METRO

GETTY IMAGES

Scarlett Johansson

Depp needs his private island

Johnny Depp says owning an island in the Caribbean is more than just a luxury — it's a necessity.

"The island might sound extravagant but I need somewhere I can breathe easily or just sit around and chat without someone taking my picture," he tells Red Bulletin magazine.

It also helps him avoid the gadgets that have become so popular in the rest of the world.

"Sometimes I'd like to run away screaming from our technology-obsessed world, the invasive media, the madness of reality TV," he says. "We've lost touch with the simple things of life. We're losing our individuality." METRO

GETTY IMAGES

Johnny Depp

Beckhams are expecting their fourth child

David and Victoria Beckham are going to be parents once again, as the former Spice Girl is pregnant, according to People magazine.

"David and Victoria Beckham are delighted to confirm they are expecting their fourth child in the summer," they announced in a statement. "Brooklyn, Romeo and Cruz are very excited about the arrival of their new brother or sister." METRO

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No purchase necessary. Contest starts December 28, 2010 and ends 23:59 (EST) on March 30, 2011. Open to residents of Canada, excluding the province of Quebec, who have reached the age of majority at the time of entry. Enter for a chance to win a trip for 4 to Jasper, Alberta (approx. value $18,000). Full contest rules at www.wolfpackyourbags.com.

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3 life

Grapefruit

Wintertime comfort meals are often rich and heavy and therefore unkind to our digestive systems. Finding healthy, nourishing recipes that energize can help reduce the sluggish factor we are prone to in the winter months. The citric acid in grapefruit for instance, promotes an alkaline environment in the body, which is an ideal state for absorption of nutrients and minerals and fighting off fatigue or illness
NEWS CANADA

Certain tests can predict risk of dementia decade before onset: study

ISTOCK PHOTO

▶ By over sanitizing everything we're losing exposure to bacteria that helps our immune system.

When being clean becomes unhealthy

Rates of depression in younger people now outnumber rates in older people Find out why experts are linking over-sanitization with mood

CELIA MILNE
LIFE@METRONEWS.CA

It turns out those multiple organisms are good for us. Today's shiny, clean environment is being blamed for higher rates of depression in young people.

The more hygienic our environments, the more we are deprived of bacteria and other micro-organisms that live in our gut. Our immune systems used to rely on these harmless bugs to keep us healthy.

Experts call these healthy bacteria "old friends."

"Introducing 'old friends' might lower the depression rates we're seeing now, especially in young people," says Meher Shergill, a dietitian at the Centre for Mental Health and Addiction in Toronto.

There hasn't been a huge change in our genes over the last few generations to explain the higher rates of depression, so it must be our environment.

Depression rates are lower in people who live in the country — who are still exposed to soil, animals, feces — than in people who live in squeaky-clean cities. Dirt helps promote anti-inflammation in our bodies. And inflammation in the cells is linked with depression.

"There is now such a huge movement towards people being scared of germs. I understand, but people need to realize there should be moderation there."

"We're overly sanitizing everything so we're losing exposure to bacteria that helps our immune systems. We need to give our bodies a chance to be exposed to harmless, small amounts of bacteria," says Shergill.

Rates of depression in younger people now outnumber rates of depression in older people.

Statistics

Who is more prone?

Stats Depression is more common in women. Major depression can occur in 10 per cent to 25 per cent of women; this is almost twice as many women as men.

Your food dictates mood

Add more probiotics and omega-3s to your diet to boost your chances against depression.

"Nutrition plays a huge role in helping alleviate depression," says Meher Shergill, a dietitian at the Centre for Mental Health and Addiction in Toronto. "It is very, very connected; it is crucial."

Shergill warns that our clean environment is raiding us of the healthy bacteria our immune systems need to fend off swelling in our cells that can lead to disorders like depression.

"Probiotic yogurt is one channel, and another is oral supplements or natural foods fermented with bacteria such as kefirs or cabbage"
MEHER SHERGILL, DIETITIAN

How can you re-introduce healthy bacteria?

"Probiotic yogurt is one channel and another is oral supplements or natural foods fermented with bacteria such as kefirs or cabbage."

She also suggests foods rich in omega-3 fatty acids, such as salmon, herring, sardines, anchovies, shellfish, omega-3-enriched eggs, flaxseed, flax oil, canola oil, and soybeans.

CELIA MILNE

FLICKER: KANKO

▶ Yogurt is both tasty and good for your mood.

Limiting child birth space linked to autism

Babies born less than two years apart may raise autism risk in second-born children: study The effect found for parents of all ages

Close birth spacing may put a second-born child at higher risk for autism, suggests a preliminary study based on more than a half-million California children.

Children born less than two years after their siblings were considerably more likely to have an autism diagnosis compared to those born after at least three years.

The sooner the second child was conceived the greater the likelihood of that child later being diagnosed with autism. The effect was found for parents of all ages, decreasing the chance that it was older parents and not the birth spacing behind the higher risk.

"That was pretty shocking to us, to be honest," said senior author Peter Bearman of Columbia University in New York.

FILE PHOTO/THE ASSOCIATED PRESS

According to government data, the numbers of closely spaced births is on the rise.

The researchers took into account other risk factors for autism and still saw the effect of birth spacing. Closely spaced births are increasing in North America because women are delaying childbirth and because of unplanned pregnancies.

Government data show the number of closely spaced births — where babies are less than two years apart — is rising, from 11 per cent of all births in 1995 to 18 per cent in 2002. The study, appearing yesterday in the journal Pediatrics, comes just days after a new report further tarnished a British researcher's 1998 paper linking vaccines to autism, this time calling the paper a fraud based on altered facts.

THE ASSOCIATED PRESS

1%

Of all the 662,730 second-born children in the analysis, 3,137 had an autism diagnosis. Of the 156,034 children conceived less than a year after the birth of their older siblings, 1,188 had an autism diagnosis — a higher rate, but still less than one per cent.

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How to quit

Here's a quick primer to determine your readiness, and the kind of support that works best, based on RNAO's guidelines.

- **Pre-contemplation** You are not thinking about quitting within the next six months. Support that helps you consider your feelings about quitting smoking, and assessing the pros and cons is most helpful.
- **Preparation** You are getting ready to quit in the next 30 days and have set a date. It is helpful to have a health care provider to ask about concerns, and seek out assistance including nicotine replacement therapies.
- **Action** You quit smoking within the past six months. Support that helps you keep managing triggers, explore rewards and focus on relapse prevention strategies will be useful here. NEWS CANADA

NEWS CANADA

▶ Speak with a nurse today for support to live smoke-free.

Quit smoking now

RN's can help with ways to ensure you stop for good

Just because you've contemplated giving up smoking doesn't mean you're ready to butt out today, or tomorrow or the even the day after.

Based on years of experience in smoking cessation practices, nurses will tell you that people who take the time to assess their willingness or readiness to quit are the most successful at doing so.

Nurses provide help to patients by engaging in discussion to determine where they might be on the readiness index, based on the "stages of change model."

This type of screening with patients helps nurses to provide the best smoking cessation support.

"The kinds of support a smoker needs will differ for each stage," explains Margie Kvern, a registered nurse associated with the Registered Nurses' Association of Ontario (RNAO)'s National Smoking Cessation Initiative and Program Specialist, Tobacco Reduction with Winnipeg Regional Health Authority in MB.

NEWS CANADA

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- Arteries take blood from the heart to the brain and spinal cord, while veins drain blood from these organs back to the heart. Dr. Paolo Zamboni, a vascular surgeon from Italy , recently described an increased frequency of narrowed veins that drain the brain and spinal cord in patients with Multiple Sclerosis.
- In a research paper published last year, Dr. Zamboni stated that dilating these narrowed veins with a balloon led to improvement in some patients with Multiple Sclerosis.
- Many Canadians have traveled abroad for this experimental procedure, which is not currently offered in Canada . To date, the safety and effectiveness of this balloon dilation therapy in patients with Multiple Sclerosis has not been established.
Lecture Room Wheelchair Accessible
Presented by:
Peter Munk Cardiac Centre
University Health Network

Happy New Year ... hello new you

26.3%
of Metro readers make a new year's resolution every year without fail

16.2% OF METRO READERS STICK TO THEIR NEW YEAR'S RESOLUTION FOR GOOD

FLICKR CC ORANGEACID

Me time
Making some time for themselves was high on our readers' list of priorities this year. In a society where we spend so much time interacting with others, the short periods of time when you can focus on nothing other than yourself are the most important.

metro life panel

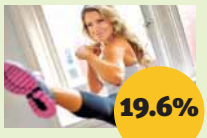
Metro readers weigh in on their resolutions.

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

January is the month of new beginnings and many promises (a.k.a. lies) we make to ourselves.

This is the time of year when you swear this cigarette is the last you'll ever smoke, or that you're banning all carbohydrates from your diet. Sticking to your "new" lifestyle isn't always as easy as it seems, or else this year's list wouldn't so closely resemble last year's. Did you resist devouring the entire package of cookies for one month, one week or one day? Did you wake up at 6 a.m. and get straight on the treadmill, or "forget" your gym clothes under your desk?

We asked Metro readers across the world how they dealt with their resolutions...



19.6%

Common New Year's Resolution
The New Year is the time to start with a clean slate and wipe out all bad habits of the past. Weight loss and ultimately feeling better in your body is the most important resolution for Metro readers.

FLICKR CC JPHILIPG

10.8%

The worse lifestyle habit
Smoking, closely followed by bad eating habits (i.e. junk food), are the two things that we love to hate. We know it's bad bad bad, but who can resist those Marlboro Lights and double cheeseburgers on a bad day.

11.6%

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Move this, skip that

Workout trends worth keeping for 2011 Drop the fit fads and put in that fitness work

DAILY SQUEEZE

LARRY TRACK
DAILYSQUEEZE.CA

ISTOCK PHOTOS

▶ Find out the top workouts for 2011

From Tae Bo to pilates, hot yoga to bikini boot camps, the past decade featured dozens of fitness trends — and then some.

While there are a few I'm happy to see go (celebrity this and that!), some are still worth the sweat for 2011.

What makes these workouts uniquely effective?

For starters, they deliver maximum results in the shortest amount of time. Notice I didn't say 'least effort?' That's because for any change to happen — be it your body weight or muscle mass — you have to force change, and that only comes about by true, dedicated effort.

Whether you want to lose weight, build muscle or simply get a leaner physique, here are the top workouts you'll want to include in 2011 and beyond.

1. Circuit training, group classes, dance fitness, bootcamps, ropes, kettles, etc. All of these workouts go beyond the traditional treadmill or rack of dumbbells; they push you to move your muscles in the most challenging of ways for maximum calorie burn and body-beautiful results.

2. Running (five kilometres, 10 kilometres, half-marathon, marathon). Studies show running is an excellent form of cardio and helps build stronger bones. If you're just starting out, try joining a club. The social camaraderie and instructor-led workshops will have you crossing the finish line without injury.

3. Yoga, particularly yoga that focuses on stretching and meditation such as hot yoga. In addition to improving your posture and body mechanics, yoga helps increase focus and concentration, while ridding your body of stored toxins. It's no wonder it's been around for so long. It works!

4. Spinning. For a high-intensity, ultimate calorie, fat-burning workout that's safe on your joints too, spinning is in a class of its own. Come 2011, look for instructors to challenge riders with new and improved technology to measure heart rate, calories, distance and power for better results.

Remember: What you put into your workouts is what you get in return. Skip the fads and aim for a minimum of 30 minutes of cardiovascular activity every day.

Thoughts on... Questions

ADVICE The way to penetrate the heart of a matter or issue is by asking questions. It is the key that unlocks the door to personal freedom and peace.

Questions seem to have the power to uncover what is hidden and bring to light solutions that alter our reality.

Some questions worth asking: What in myself can I not face and where does it show up? For what insecurities am I compensating? What am I avoiding to see, hear and feel?

If any area in your life is causing you angst, then formulating the right question leads to insight and when you have insight you can change anything in your life.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

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Getting a good night's sleep

Sleep athlete Nick Littlehales gives Metro tips on how to get a good night's sleep.

1. Plan your nocturnal sleep period around 90 minute cycles to create an internal and external harmony between sleep and wake activities.
2. Choose a consistent wake time and only begin the day's activities at that chosen time.
3. Going to sleep only when you are exhausted or falling asleep away from your bed is a clear sign of poor quality sleep. Don't fight against it.
4. Make sure to integrate regular short breaks during the day, taken in solitude and or outside of your home or work place.

For more info, go to sleepathlete.com.

The party's over

Want to get and stay fit in 2011? Be sure to set goals, challenge yourself, say experts

It's time for the work to begin — and not just at the office.

Those who went overboard indulging in calorie-laden treats during the holidays will likely be looking to shed the pounds. Others may simply want to ease back into their workout routine or have put getting fit atop their to-do list for 2011.

Making physical activity part of your regimen doesn't necessarily mean having to devote endless hours in the gym or pounding the pavement to start seeing results.

At Track Fitness, a Toronto boutique fitness facility, owner Larry Track says walkers, joggers and runners alike, ranging from teenagers to seniors, take part in a 60-minute circuit-training class.

Short, timed blasts of cardio on the treadmill with varying speeds and inclines are incorporated with weights, strengthening and floor work. Everything from squats, pushups and bicep curls to planks and leg crunches were in the mix during a recent morning session.

"Muscle memory will never kick in in this class because it's never the exact same thing twice," said Track. "It's from head to toe, so you don't just come in here and work upper body one day. It's always a variety of full-body conditioning."

While goal-setting is key, it's important not to set the bar too high, said Rod Macdonald, vice-president of Can-Fit-Pro, the largest provider of education in the Canadian fitness industry.

▶ Larry Track, from Track Fitness, says he sees a trend toward harder, shorter workouts.

"The statistic we tend to use in the industry is that about 50 per cent of the people will drop out within the first six months of starting an exercise program," said Macdonald.

"I think the main reason for that is they've either set their goals too high or they haven't set a clear enough goal, or they don't have the support both within the fitness environment or outside in their normal, everyday lives that really will keep them on track."

For example, Macdonald says it's more realistic to set a goal of going to the gym two to three times a week for the first month than to say you'll lose 20 pounds.

THE CANADIAN PRESS

NEWS CANADA

▶ Your kids will get excited about resolutions if you do.

Kid-friendly resolutions

Tips for getting your child excited about setting goals for the new year

They may be young, but your kids can still share in your favourite New Year's tradition — making healthy resolutions.

The trick is to encourage them to set goals that are age-appropriate, easy to remember, and with realistic timelines.

1) Help your child come up with a few health-oriented goals to achieve each week. For example, "This week I will: try one new healthy food, play a new sport or physical activity, eat one extra serving of vegetables a day..."

2) Have your child write their healthy-living goals down and post them on the fridge. That way your child is reminded to make a healthy choice when he or she reaches for a snack.

3) Think about giving them mini rewards as they work to reach their goals. Treats like a new book or some extra time playing outside will let them know that you're proud of their progress.

NEWS CANADA

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FLICKR LOGANANTILL

Don't eat lunch at your desk

New findings have shown that eating lunch at your desk during office hours could increase the amount of calories consumed throughout the day. The study showed that those that were distracted by their computer screen while they were eating were likely to feel less full than those that concentrated on their food. The result is that people end up snacking more, which in the long run could lead to weight gain. Work related stress also has a negative impact on your diet, because although it can decrease your appetite, stress can make you crave snacks high in fat and sugar. The secret to staying slim? Come lunchtime, go outside and get some fresh air, and try disconnecting from your work and focus on time to refuel. **ROMINA MCGUINNESS**

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Product Hailed by Doctors as the Solution for Back Pain

Doctor developed decompression belt that significantly reduces back pain. Dr.Michael Ho announced, he is giving 50% off to all readers of the Metro Newspaper. Due to the New Year sale rush, each household is limited to only 2 belts.

Save money and help relieve back pain: This week only. Get clinically proven back decompression belt for 50% off

By Marc Charron - *Health and Lifestyle*

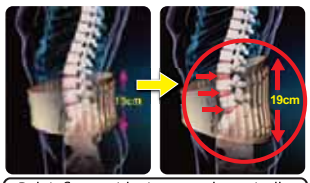
Back pain affects 80% of North Americans. It can also rob you of your happiness, where getting out of bed becomes a painful reminder of your bad back. While pills provide temporary relief, the condition can reoccur. The reason is because pills mask the symptoms and do not target the cause of the pain. Other treatments cost thousands of dollars or have substantial health risks. "That's why most people end up "living" with their bad back" - says Dr. Michael Ho.

Dr. Michael Ho is a doctor with over 20 years of clinical experience specializing in treating the cause of chronic back pain, including Scoliosis, Spinal Stenosis and Herniated / Bulging discs. His belief is to treat the cause of the problem so that patients get long term relief, earning him international recognition for his patient care and expertise.

"Many people have back pain due to spinal disc compression. This can result in back pain, which if left untreated, can lead to more serious conditions."

DRUG-FREE: DR-HO'S Decompression Belt will help relieve your back pain, naturally without the side-effects.

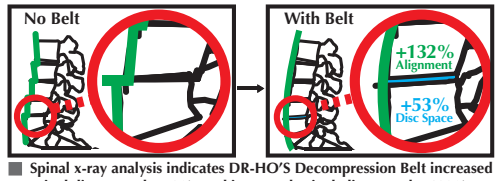
Dr. Ho has developed a back supporting decompression belt that can be used at home, allowing you to help relieve your back pain, while saving time and money. Dr.Ho's brand new Decompression Belt is endorsed by medical professionals and customers that have suffered with long-term, chronic back pain. "I have used many modalities to treat my patients, but nothing is as effective as the decompression belt. To effectively treat someone with back pain, the patient must receive treatment everyday for 6 - 8 weeks. People cannot afford the time or money to visit the doctor everyday. Therefore, your health suffers. I developed this belt because patients need a device they can use at home. By treating themselves daily, it will speed up recovery time and increase the overall effectiveness of the treatment. This belt can help protect and treat your back," says Dr.Ho.



Belt inflates with air, expands vertically, gently stretching, tractioning and relieving lower back pain

DR-HO'S Decompression Belt expands to help decompress the spine to provide support and help relieve the pain. The belt will help relieve your pain in as little as 20 minutes, even if you've suffered with back pain for many years - you can even wear the belt while doing activities. As an exclusive Metro Special, Dr.Ho has agreed to give the first 100 customers 50% off as well as include a free pair of Dr.Ho's Back Pain Relief Air Orthotics worth a value of $80! "The Decompression Belt will help relieve your back pain safely without the use of drugs. You don't have to live with your back pain any longer."

Dr.Michael Ho treats patient suffering with herniated disc, degenerated disc and over 10 years of back pain.



Spinal x-ray analysis indicates DR-HO'S Decompression Belt increased spinal disc space by 53%, and improved spinal alignment by 132%.

Patient case study result: Improved alignment & disc space Increased mobility, less pinching on nerves & significant pain relief

To be one of the first 100 people, please call 1-877-792-1322 or visit www.DrHoNow.com

New Innovation for Back Pain Sufferers

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Now you can with DR-HO'S Back Belt!

Back Specialist Dr. Michel Rice

"Every patient with back pain should be wearing this belt because it gives you core strength and support in your spine, and a traction effect for great pain relief. The great thing is that patients with chronic back pain can wear this belt and get their life back. They can feel more confident, be more active, and do things that they love doing."

Alice Love

"This belt feels like the weight is taken off of you. Pain pills only mask the pain. With the belt I can be pain free. I have a grandson, who loves to be picked up. But you don't realize how much pressure that puts on your back. With my belt, I don't have to worry about picking him up!"

Belt expands to help stretch & relieve back pain

DR-HO'S Belt helps to relieve:

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Dr Michael Ho

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P.J. Lemieux

The belt is very comfortable and it helps to take the stress off my lower back. I feel that I now have better posture. I can see this being used by people with chronic back pain and its so easy to do. You just strap on the belt, inflate and you can feel it work right away because it takes the stress off the lower back. You've got nothing to lose if you suffer from back pain. Definitely this is worth trying!

"Usually if I lay down this long, my back would be killing me. I have suffered with back pain for twenty years, but with this belt, I can go for long walks again."

- Marianne

Penny-pinching wines

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
ON TWITTER: @THEREALWINEGUY

Whoever said that life was too short to drink cheap wine obviously never saw my bank balance.

Now, don't get me wrong. I have a never-ending appreciation for expensive booze — and an insider's understanding of why it costs so much — though, on my budget, two bottles of pretty good wine often taste better than one bottle of really good wine.

I bet you think that Jersey Shore's Snooki has a better chance at a Nobel Prize than you do finding a bottle of something that's both drinkable and economically-priced at your local liquor store.

The good news is that that there's lots of great juice out there at 11 bucks and way under — especially from climate-consistent New World countries like Argentina, Chile, South Africa and Australia.

Last week, I predicted the Aussies would rise again in 2011 thanks to their unique geography and over-the-top wine-makers.

As true as that is, well-established (and seemingly innocuous) wines from Down Under's humungous conglomerates offer some of the best values you're going to find on shelf.

Lindemans' 2009 Cawarra Shiraz Cabernet ($9.95 - $10.99) is a favourite cheapie thanks to its ripe red berry fruit, jammy mid-section and surprise long lasting flavour.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

A superfood casserole

This dish combines quinoa, chicken, mushrooms & sweet potato

Despite quinoa's rise in popularity, most people still are trying to figure out what to do with the grain.

This casserole recipe uses its nutty flavour and grainy texture to contrast the earthy and sweet flavours of a mushroom and Marsala sauce.

And what's better than a warm casserole on a cold winter night?

Preparation:

1. With a fork, pierce the sweet potato all over (6 mins). Microwave on high until cooked and soft. Set aside to cool. Heat the oven to 375 F.
2. In a large skillet over medium-high, heat the oil. Add the mushrooms, garlic, thyme, onion, 5 ml (1 tsp) of the salt and pepper, then sauté until the mushrooms have released most of their liquid and are beginning to brown and the onion is soft and translucent.
3. Add the chicken and cook until it is browned and almost cooked through, about 8 minutes. In a bowl, mix together the Marsala, cornstarch and the cream. Add to chicken, then bring to a simmer. Cook for 2 minutes.
4. Arrange the chicken and vegetables in a layer over the bottom of 2-litre casserole dish. Set aside.
5. Peel the sweet potato, discarding the peel. Smash the sweet potato and mix in the quinoa, the remaining 2 ml (1/2 tsp) of salt, and the eggs and nutmeg. Spread this mixture over the top of the chicken and mushroom mixture. Sprinkle with Parmesan cheese and bake for 20 to 25 minutes.

THE CANADIAN PRESS

LARRY CROWE/ THE ASSOCIATED PRESS

▶ Marsala chicken quinoa casserole.

Ingredients:

- 1 medium sweet potato
- 30 ml (2 tbsp) olive oil
- 341 ml (12 oz) crimini mushrooms, sliced
- 2 cloves garlic, minced
- 45 ml (3 tbsp) fresh thyme leaves, chopped
- 1 large onion, chopped
- 7 ml (1 1/2 tsp) salt, divide
- 2 ml (1/2 tsp) ground black pepper
- 2 boneless, skinless chicken breasts, cubed
- 250 ml (1 cup) Marsala wine
- 15 ml (1 tbsp) cornstarch
- 125 ml (1/2 cup) heavy cream
- 1-l (4 cups) cooked quinoa
- 2 eggs
- Pinch nutmeg
- 125 ml (1/2 cup) grated Parmesan cheese

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Travel Jan 18/ac		+ taxes & fees $89
Los Angeles	$224	
Travel Jan 22 - Jan 29/ac		+ taxes & fees $121
Vancouver	one-way $229	
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Canada

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California Air + 7-Day Car $386
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TICO

LOVE WORKS IN MYSTERIOUS WAYS

Names: Ryan, 21, and Melissa, 22

Current city: Calgary

Together since: 2006

Their story:

▶ Ryan & Melissa

I (Melissa) met Ryan in my senior year of high school in psychology class.

He was a year younger, so I had never seen him before until that class.

At the time, I thought he was cute, but he was interested in my best friend (as was she in him!) so I was rooting for them from Day 1.

I was also dating someone at the time, so we decided to double date.

Both of our relationships ended shortly thereafter, and that's when we became close friends. After only a month of being friends and getting closer, he asked to be my boyfriend.

And the rest is history!

We have been dating since 2006 and have never been happier.

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TRADITIONALIST VS. ART DECO

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

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We have a decorating dilemma that's driving us both nuts. I'm a traditionalist. He likes art deco. How do we find a compromise?

Angela says ...

The easiest solution is to throw money at the problem and hire a decorator who can navigate both your tastes with impartiality. Failing that — since we don't all live in a fantasy world — you'll need to find pieces you both agree on, plus some pieces that are his faves and some that are yours. The mix will be unique, just like your relationship.

Derek says...

Two crucial tips if you end up going down the DIY road with each partner contributing to the process: 1) Budget for triple the amount of time it would normally take one of you to finalize a decor decision; and 2) Be prepared to make sacrifices to keep your marriage intact, so long as his choices are not crimes against design.

You won't love everything he chooses, but you will need to let him make some choices if you want to avoid possible blow-ups.

Decorating together is not an easy process nor is it fast, but the sense of accomplishment at the end is rewarding.

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3. Toy Story 3
4. The Social Network
5. Let Me In
6. Scott Pilgrim vs The World
7. Clash of the Titans
8. Get Him to the Greek
9. Restrepo
10. The Other Guys

To see more Top 10's of 2010, visit **metronews.ca/top10**

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

metro life panel

Prepping for the tax push

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Good news for procrastinators! This year you have two extra days to file your tax return – until May 2nd at midnight, to be exact. But I'm prodding you into action early so you have ample time to organize your documents and maximize your deductions.

To help prepare you for the big tax filing event, H&R Block Canada's tax advisory service has addressed some of the most common concerns among 2,000 online questions from 2010.

Missing slips Employers must file T4s with the Canada Revenue Agency. If yours doesn't turn up and the employer isn't helpful, call the CRA for a copy. Don't delay until mid-April, or you'll be waiting in long telephone queues and the slip might not arrive by the deadline.

Self-employed deduction It's all about one word – reasonable. Don't try to write off 50 per cent of your mortgage interest if your home office is in a 10-by-10 corner of the basement.

97%

The number of taxpayers who assessed a late filing penalty in 2010.

Office parking It's a no-go as a deduction for most employees. There are some exceptions so make a call to the CRA to determine if you are among them.

Common-law status After 12 continuous months of living together you're a couple, according to the CRA. Do state your status correctly as benefits and some tax credits are determined based on household income. The CRA could ask for re-payment if you fudge the facts.

Inheritances: There is no inheritance tax in Canada but if you received stocks, mutual funds or other investments in the settlement of an estate you might have capital gains or losses. Investments are deemed to have been sold on the date of death.

Getting a head start on your taxes means you're less likely to make mistakes or miss money saving deductions.

Interest rates/ Savings accounts

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ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.35%
TD	1.25%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

ISTOCK

▶ Just because you have two extra days to file your taxes this year doesn't give you an excuse to procrastinate.

Career Finder
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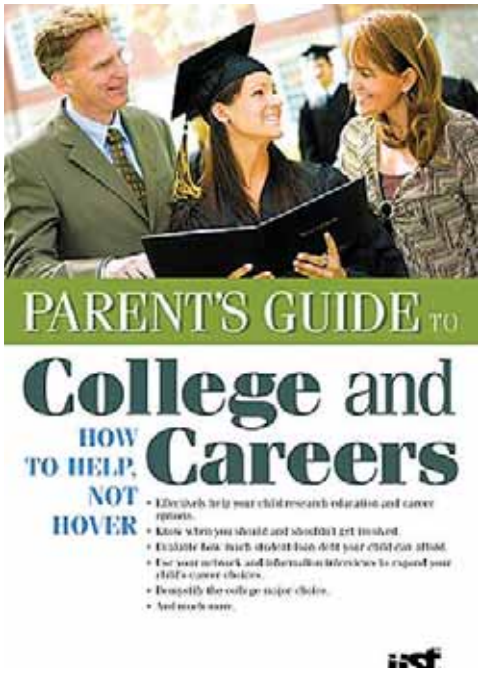
The cringe-free career talk

When it comes to a child's future career plan, parents should strive to be inspiring rather than intrusive



Feel like your child has no direction? Let Barbara Cooke, author of Parent's Guide to College and Careers: How to Help, Not Hover give you a few pointers.

Consider the difference between guidance and control.

Guidance is helping your child identify strengths and connect those strengths to opportunities in the economy. Control is dictating your child's career choice.

Guidance is helping them get firsthand information about opportunities. Control is doing the research yourself.

Guidance is saying, "I want you to talk to two engineers before you reject an engineering major." Control is saying, "I won't pay for college unless you major in engineering."

Take the pressure off the process of career-planning. Help your child separate career info-gathering from career decision-making. All you are asking your child to do at this point is to gather information. You are not asking him or her to make a decision based on that information. Encourage your child to act as an objective journalist who is conducting research, interviewing people and observing work environments.

Have your child complete a career-interest inventory. This is an online questionnaire that helps identify the pattern of your interests. Your child would answer a series of questions about school subjects, activities, occupations of interest and other preferences. He or she will then receive a report that includes a list of job titles that connect to their interests and abilities.

Direct your child to print and online resources. A wealth of materials online, in libraries and in bookstores can help your child discover and learn about hundreds of careers. From information about a job's earnings and education requirements to its projected growth and average annual openings, these can answer key questions you may not know the answer to or that your child may not have thought to ask. **NEWSCANADA**

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Education pays, literally

Post-secondary education can be hard on the pocketbook, but your kids can give you a tax break

It is no secret that post-secondary education costs are rising.

Statistics Canada estimated that 90 per cent of students faced an increase in tuition last year, to an average of just less than $5,200.

Over three or four years, the costs can add up for both parents and students.

But students do receive a number of tax credits and benefits and some of these can be passed to their parents.

"No matter who pays the tuition, the university or college issues a T2202A to the student that indicates the tax credits they can claim," says Cleo Hamel, senior tax analyst with H&R Block Canada (hrblock.ca).

"Students must use their credits first and then they can choose to transfer up to $5,000 to a parent, grandparent or spouse."

If students cannot use all their tuition and education credits, they can carry forward the amount for future years. This can result in a sizable tax refund once they begin their careers.

"The decision to transfer credits is entirely up to the student," explains Hamel. "If parents do not have a signed T2202A, they cannot make the claim."

Even if they earn little to no income, students should file their own return to take advantage of tax credits and benefits.

And once they turn 19, they may be eligible to receive the quarterly GST/HST payment.

NEWSCANADA

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Find your career path

Take this quiz to find out which post-secondary institution might be right for you **Questions to ask yourself**

PAULINE ANDERSON
LIFE@METRONEWS.CA

If you don't know exactly where to go when you leave high school, you're not alone.

"Career development is a journey and some move along that journey more quickly than others. But for everyone it involves developing yourself personally, socially and academically in the area of work which you choose," says Rola AbiHanna, guidance consultant with the Nova Scotia Department of Education in Halifax.

But the message is clear for anyone graduating from high school: A good education or training is essential in today's competitive job market.

Here's a quiz to help you determine what post-secondary route might best suit your circumstances, strengths and needs. For each of the following questions, select the answer A, B or C that describes you best.

ISTOCK

▶ Career development is a journey, but a good education or training is essential in today's job market.

1
A) Your parents have contributed to an education fund or you qualify for scholarships.
B) You have savings from a part-time job and can live at home.
C) You have some funds reserved for necessary job training.

2
A) You got mostly A's and B's in high school, are studious, love to read and have strong problem-solving skills.
B) You did fine in high school but prefer less emphasis on academic achievements.
C) You may have done well academically in high school but your passion is using other talents such as working with your hands.

3
A) You're adventurous and want to move away from home.
B) You need to stay close to home for personal reasons.
C) You don't care where you have to move to complete your chosen program.

4
A) You expect your education will eventually give you an edge in terms of earning power.
B) You hope your education will provide a secure job, albeit perhaps not the best paying.
C) Your main goal is to develop skills that are marketable and perhaps portable.

5
A) Your slate is clear so you can devote all your time to educational pursuits.
B) You have a part-time day job so taking night courses would best fit your schedule.
C) You may already be working in a particular field but need more training for accreditation.

6
A) You prefer a theoretical approach to learning.
B) You don't mind some theory but need some practical knowledge as well.
C) You thrive in a hands-on learning environment.

7
A) There's no doubt in your mind that you want to get that degree.
B) Your heart is set on a specific area, and it doesn't matter much what route you take.
C) You need training in a particular field.

8
A) Large classes don't bother you. In fact, they give you a chance to meet other students and to exchange ideas.
B) You prefer small classes where professors can deal with you on a one-on-one basis.
C) Class size does not enter into the equation as you expect most of your time in a post-secondary institution will consist of hands-on training.

Answers

If you answered mostly A's: University may be in your future. They offer a solid theoretical education and varied social experiences. While they can be expensive, you may be eligible for bursaries, scholarships and/or student loans.

If you answered mostly B's: You might be a great candidate for community college. Hands-on training is the driver here. The cost is usually lower than university, and small classes allow professors to better communicate. Optional night courses and distance learning might allow you to have a day job. Many colleges are becoming finishing schools. You get a university degree, then take post-graduate training at a college in a specific field.

If you answered mostly C's: Your best bet might be a career or technical college. These privately owned schools offer shorter-term programs so they are a good bet if you know exactly what you want to do career-wise, and you're willing to pay for it (career colleges can be expensive). Trades can be lucrative and rewarding, not to mention portable and usually in demand.

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The future is now

Deciding what to do with the rest of your life is a big decision Here's how to choose the best career path for you

ALEX NEWMAN
LIFE@METRONEWS.CA

With university application deadlines looming, "it's a crazy time," says Dale Callender. "Students are in my office all the time asking what they should do."

The adviser for Delisle Youth Services at Northern Secondary suggests students make career decisions based on interests, best subjects, family finances and entrance requirements.

Deciding what to do with the rest of your life is "a lot of pressure for a 17- or 18-year-old," Callender says. "Especially when they're afraid of making a misstep."

Which is why Blessie Mathews, a career counsellor at the University of Alberta, encourages students to factor their extracurricular activities into the choice — because it's something they love and they've already made connections. "Education is one piece of the puzzle," she adds.

She also suggests talking to people in the field. "Most people looking back find that career paths are more often about opportunities that presented themselves, versus planning."

Unless there's a strong pull in a specific direction, students are advised to enter broad programs, which keeps options open until they can make informed choices based on skills and interest.

It's how Georgia Barrington chose her program. "I was never skilled at math or science, and loved the arts, so a BA seemed the best fit. First-year university feels like high school because you take a variety of subjects. You try different courses to see what you like most."

Some students are paralyzed by the choice of school. Barrington didn't have a preference, since she felt "most General Arts programs at Canadian universities were of a similar standard."

She chose Dalhousie after visiting Halifax because it was so friendly. "Four years is a long time to spend in one town, so you should consider what matters to you."

She also recommends stepping out of your comfort zone. "Don't make a decision based on where your friends or current boyfriend will be. You will make new friends and have a far better experience if you choose a university on your own terms."

ISTOCK IMAGES

▶ Students are advised to enter broad programs, which keep options open.

Starting over

Not everyone heading to school is a teenager.

MaryLynne Meschino was a senior publishing executive who considered a change even before her company underwent a major shift. After seeing a life coach and taking skills tests (Strengthfinders 2.0 and Birkman), she took the plunge and got an interior decorating degree. Five years later she's an award-winning interior designer.

The biggest obstacle, she says, is the fear of starting over, particularly after being well-paid and well-respected in your previous field. ALEX NEWMAN

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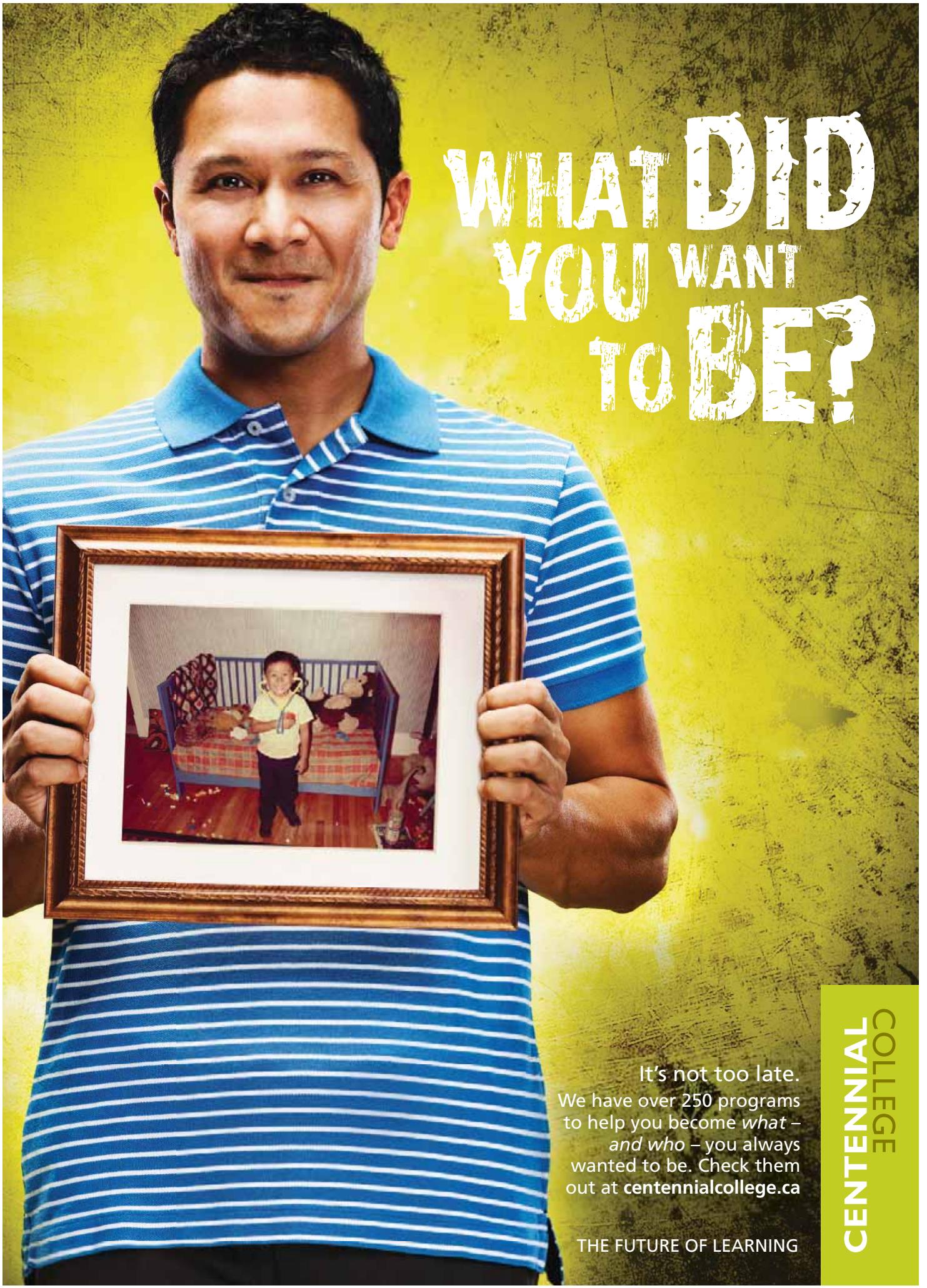
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New year, new start

The new year is always a great time to put healthy, positive habits in place Here are tips on how to better manage your time, energy and life

Sleep and eat

Corinna Wyles-Plumley, a Baking and Pastry Arts Management student at George Brown College in Toronto, is watching the clock so she gets the recommended eight hours of sleep. Eating breakfast also provides a good start to your day and contributes to better skin and hair.

De-stress

Some students like yoga, which teaches you how to relax using your breath. Michael Stulberg, a philosophy student at Montreal's McGill University who practises yoga says, "If my workday doesn't have great results, if I've done yoga I know that I have done something productive."

Instead of...

- **Chips,** choose crackers and cheese, or yogurt and fruit.
- **A granola bar,** choose a low-fat version.
- **Pizza with the works,** choose pizza with veggies.
- **Double fries,** choose a sub on whole wheat with extra vegetables.
- **A hamburger with double cheese,** choose a hamburger on whole wheat with onions, pickles and lettuce.

ISTOCK

▶ Going to school requires you to juggle priorities.

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Stop procrastinating
When Guelph University Theatre Arts student Nice Jestadt gets an assignment, he prepares a timeline. When Stulberg finds himself flipping aimlessly through Facebook, "I either take a break, or I commit fully to my essay, designating that time as work time."

Study smart
Kieran McKinnon always studies in the library at Carlton University in Ottawa. "Knowing that people are watching keeps me focused — and not surfing on my laptop." Barrett and friends study together, "teaching each other again what we learned in school."

Get organized
When Alexis Barrett took the Aesthetics program at Seneca College in Toronto, she tacked up a large wall calendar to keep track of tests and assignments. "I had to look at it every day — that really helped me to plan."

Keep active
Students at Dalhousie University in Halifax have their choice of more than 40 fitness classes per week, ranging from aqua-fit to kickboxing to team sports. Anne Falconer, coordinator of Group Fitness says, "Fitness is a great lifelong habit."

Don't quit
"Many students are enthusiastic at the start," says Hayley Woolley, a graduate of the Aesthetics program at Rinaldi College in Barrie, "but then they let school slide. Following through is definitely important."

Get support
Take advantage of counselling services for personal issues and jobs, recommends Mary-Ann Owens, a sessional instructor at the University of Calgary. Or find a mentor for guidance.

YLVA VAN BUUREN
LIFE@METRONEWS.CA

Mgetting to bed early

"At night I'll get carried away with one thing or another and before I know it, it's past midnight and I'll have to wake up in a few hours to get to an early class," says Corinna Wyles-Plumley, a Baking and Pastry Arts Management student at George Brown College in Toronto.

Wyles-Plumley has made it a new year's resolution to be more aware of what time it is, when she has to get up, and ways to get a good night's sleep.

She practices yoga as well, and it's helpful for sleep and other areas of her life.

"Before I tried yoga I was a bit sceptical that it would make much of a difference. But now I find even having a short session can make a big impact," she says.

"I think it's important to have some time set aside just to relax ... because then you're able to approach your day with a fresh perspective. And with yoga, you focus on things you don't really get a chance to in your day-to-day life — like the way you breathe. Small things like that make a big difference." YLVA VAN BUUREN

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ISTOCK
▶ New post-secondary programs tap into growing job markets.

Next fall's newest programs

KIM ZARZOUR
LIFE@METRONEWS.CA

Ever thought of advocating for victims of crime? Interested in drug discovery or being a curator at a museum?

This fall, many new post-secondary programs will be offering innovative programs that tap into growing job markets such as the environment or health and wellness. Here is a sample of what's on tap. For more information, visit the schools' websites.

• **Victimology**: An eight-month program teaching skills to assist victims of crime (Durham College).
• **Pharmacy Technician** and **Esthetician** are new programs in Georgian's new Centre for Health and Wellness (Georgian College).
• **Financial Services-Client Services**: Students in the two-year program will also complete the **Canadian Investment Funds Course** to qualify for registration for a mutual funds license (Seneca College).
• **Early Childhood Leadership**, **Photography** and **Music Theatre Performance Bachelor of Applied Arts** degree programs (Sheridan College).
• **Robotics** and **Cultural and Heritage Site Management** (Centennial College).
• **Executive Masters in Technology Management**: A one-year weekend program aimed at top-level executives with technical backgrounds (Wilfrid Laurier University).
• **Major in Museum and Curatorial Studies** or a new collaborative degree/diploma between Western and Fanshaw College in **Music Recording Arts** (University of Western Ontario).
• **Bachelor of Applied Science in Nuclear Power**: Students with appropriate college credit can apply for advanced standing (University of Ontario Institute of Technology).
• **PhD in Molecular Science**: This innovative four-year program is a research-intensive, interdisciplinary graduate program. **Computer Science** and **Biomedical Physics** are also new PhD programs (Ryerson University).
• **Bachelor of Journalism**, **Child and Youth Care** and **Canadian Master Chef (CMC)** certification (Humber College).
• **Engineering Business**: Undergraduates acquire concepts and language to be effective in business (University of Toronto).
• **Bachelor of Science in Environmental Biology**: Explores conservation biology and biodiversity loss in connection with health, sustainability and public policy (York University).
• **Medicinal Chemistry**: Focuses on the science of drug discovery (University of Waterloo).
• **MA in Social Data Analysis**: A one-year inter-disciplinary program (University of Windsor).

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• decided which path you'll start on
• confirmed application deadlines for your preferred post-secondary institution(s)
• got all your paperwork together
• thought about how you'll manage life as a student. TIMOTHY AVERY

Ontario

- Ontario's Ministry of Training, Colleges and Universities has a new site (tcu.gov.on.ca) that incorporates links to all post-secondary institutions in the province and offers tips on how to efficiently navigate application procedures.
- It provides extensive information about private career colleges, which offer enrolment at different times during the year.

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4 sports

Calderon playing through the pain

Raptors guard is statistically sound despite nagging injuries

If there's one thing that's become apparent over the last few weeks, it's that Raptors point guard Jose Calderon can play.

It's practice that's the issue.

Throwing a wrench into the common perception that NBA players need time in the gym on off-days to work on their craft, Calderon has been putting up impressive numbers despite not being able to take part fully between games.

"I feel weird. It's the only thing I don't like," said Calderon, still dealing with pain in his left foot. "I like to practise every day. I can do the shooting ... The only thing is I cannot push it. I cannot do the five-on-five because of the next day. We don't know how it's going to feel the next day, so we have to be careful."

The sore foot and a bad ankle haven't taken a toll on what he's done during games. Calderon has had double-figure assists in six of Toronto's last eight games and has been playing his best basketball of the season. The pain in his foot disappears once he gets out on the court. It flares up when the game ends.

"Out there I feel comfortable, I feel good," he said. "I know it's getting better, so soon I'll be back at normal, hopefully. After the game, it's bad ... when you start getting cold again."

"I'm enjoying playing basketball and having fun. I enjoy playing with DeMar (DeRozan) and Andrea (Bargnani) and these guys now. It's great. It's perfect."
JOSE CALDERON

Coach Jay Triano, who hasn't had a full roster for practice in more than a month, said the Raptors are flying by the seat of their pants to get the most out of Calderon.

"We're just trying to patchwork right now, trying to let him rest on that day (after a game), let the swelling go down a little bit, let it feel a bit more comfortable," the coach said. "Then he ramps it up on game day. He'll shoot in the morning of game day and he'll shoot in practice right before the game."

Calderon's renaissance actually began with one of general manager Bryan Colangelo's biggest in-season moves. In 18 games since Jarrett Jack was dealt to New Orleans, Calderon has averaged 12.2 points and 9.7 assists while shooting 51.4 per cent from the floor and 48.9 per cent from three-point range.

TORSTAR NEWS SERVICE

STEPHEN DUNN/GETTY IMAGES

▶ Jose Calderon during a game against the Lakers in Los Angeles in November.

Quoted

"This is about Bill Belichick vs. Rex Ryan. There's no question. It's personal. It's about him against myself, and that's what it's going to come down to"
JETS COACH REX RYAN, ON THIS WEEK'S AFC PLAYOFF GAME

"I might have a little quickness on him. He's probably got a little more strength and power on me. So I don't think you'll see either one of us out there making any blocks or tackles or runs or throws or catches."
PATRIOTS COACH BILL BELICHICK

Scan code for sports

Leafs edge Kings to extend road streak

MAPLE LEAFS	KINGS
3	2

Nikolai Kulemin scored the tiebreaking goal with 15:02 to play, James Reimer made 30 saves, and the Toronto Maple Leafs won their fourth straight road game 3-2 over the spiralling Los Angeles Kings last night.

Phil Kessel and Darryl Boyce scored 34 seconds apart in the second period for the Maple Leafs, who reached the midway point of their season with three straight wins. Toronto hasn't lost on the road since Dec. 18.

Wayne Simmonds and Michal Handzus scored for the Kings, who have lost six of seven — including five of six on their current eight-game homestand.

Jonathan Quick stopped 25 shots, but the Kings missed several chances to tie it in the final minutes, including a 6-on-4 advantage with Quick on the bench in the final 1:42.

THE ASSOCIATED PRESS

Sports in brief

Casino Rama strikes first

MIXED MARTIAL ARTS. The UFC may stage the biggest mixed martial arts card in Ontario this year, but it won't be the first.

Casino Rama is set to host its own MMA show on April 2. That's four weeks ahead of UFC 129 at the Rogers Centre, the UFC's debut in Ontario.

THE CANADIAN PRESS

Last-second kick gives title to Auburn

COLLEGE FOOTBALL. Wes Byrum kicked a 19-yard field goal on the game's final play as top-ranked Auburn beat No. 2 Oregon 22-19 to win the BCS national championship last night.

Oregon had tied it 19-19 with 2:33 left, when Darron Thomas connected with Jeff Maehl on a tying two-point conversion after LaMichael James scored on a shovel pass.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE STATISTICS

FROM THE CANADIAN PRESS

Not including yesterday's games

ANAHEIM

Player	GP	G	A	Pts	+/-	PIM
Perry	45	21	24	45	4	80
Getzlaf	40	13	24	37	3	27
Selanne	36	12	25	37	2	16
Visnovsky	44	7	26	33	6	16
Ryan	45	18	13	31	9	43
Koivu	44	11	12	23	-5	26
Fowler	39	3	18	21	-7	10
Lydman	41	2	16	18	23	14
Blake	43	8	6	14	-3	29
Lapierre	41	5	4	9	-9	63
Lupul	17	4	4	8	-2	4
McMillan	23	3	5	8	3	2
Beleskey	20	2	4	6	-4	18
Sexton	20	2	3	5	-6	2
Parros	44	3	1	4	-1	96
Lilja	30	1	3	4	-5	16
Marchant	44	0	4	4	-11	12
Sbisa	31	1	2	3	-7	13
Mara	32	1	1	2	-1	38
Chipchura	27	0	2	2	0	27
Sutton	22	0	2	2	-4	49
Bonino	26	0	0	0	-3	4
Brookbank	22	0	0	0	-7	43
Voros	11	0	0	0	-3	43
Hiller	39	0	1	1	0	0
McElhinney	11	0	0	0	0	0

ATLANTA

Player	GP	G	A	Pts	+/-	PIM
Byfuglien	45	16	25	41	7	45
Enstrom	45	8	30	38	4	26
Ladd	45	14	22	36	-4	14
Kane	40	13	13	26	3	42
Stewart	45	10	16	26	3	29
Little	39	12	13	25	15	25
Peverley	45	11	14	25	-11	29
Bergfors	34	9	14	23	0	4
Antropov	39	7	13	20	-9	22
Burmistrov	45	5	10	15	-2	23
Thorburn	45	5	9	14	8	38
Oduya	45	2	12	14	-10	14
Slater	36	5	7	12	4	19
Eager	34	5	7	12	10	2
Modin	28	7	2	9	-9	8
Boulton	39	5	3	8	3	31
Bogosian	37	3	5	8	-9	21
Hainsey	45	1	5	6	6	12
Sopel	44	1	4	5	10	14
Cormier	7	1	1	2	1	0
Stapleton	11	0	0	0	-2	2
Meyer	8	0	0	0	-5	8
Dawes	6	0	0	0	-6	0
Welch	2	0	0	0	-1	0
Machacek	1	0	0	0	-1	0
Pavelec	31	0	0	0	0	0
Mason	18	0	0	0	0	2
Mannino	1	0	0	0	0	0

BOSTON

Player	GP	G	A	Pts	+/-	PIM
Lucic	40	16	12	28	11	58
Bergeron	40	10	17	27	10	18
Horton	39	12	14	26	15	34
Krejci	33	7	18	25	9	13
Recchi	40	7	17	24	5	13
Ryder	40	11	12	23	-2	8
Chara	40	5	12	17	14	45
Wheeler	40	9	7	16	3	24
Marchand	37	6	9	15	10	20
Seidenberg	40	2	13	15	3	19
Seguin	38	6	8	14	2	8
Thornton	40	7	2	9	4	64
Campbell	38	3	6	9	2	44
Caron	20	3	4	7	4	6
Ference	40	2	5	7	15	44
Boychuk	30	0	7	7	8	13
Savard	17	2	4	6	-8	25
Kampfer	14	3	1	4	3	2
McQuaid	28	0	4	4	6	45
Paille	17	0	4	4	-1	4
Stuart	26	0	2	2	3	23
Arniel	1	0	0	0	-1	0
Thomas	29	0	2	2	0	4
Rask	13	0	0	0	0	0

BUFFALO

Player	GP	G	A	Pts	+/-	PIM
Roy	35	10	25	35	-1	16
Vanek	41	16	13	29	-11	12
Leopold	41	10	14	24	-5	20
Stafford	26	14	8	22	1	22
Pominville	32	8	12	20	-8	9
Ennis	41	9	10	19	-1	12
Connolly	29	6	11	17	-11	12
Hecht	41	6	10	16	-4	20
Myers	39	5	11	16	-11	16
Montador	41	4	12	16	11	42
Gaustad	41	3	9	12	-4	60
Sekera	40	1	11	12	-1	14
McCormick	40	4	6	10	3	93
Grier	41	2	7	9	1	10
Kaleta	36	4	4	8	1	66
Niedermayer	32	0	8	8	-3	14
Gerbe	24	1	6	7	1	8
Weber	20	2	3	5	7	38
Adam	16	3	1	4	-4	10
Rivet	22	1	2	3	-5	12
Butler	21	0	3	3	-1	10
Morrisonn	27	0	2	2	-8	16
Mancari	3	0	1	1	-1	0
Ellis	6	0	0	0	-1	0
Stuart	3	0	0	0	1	2
Miller	32	0	0	0	0	2
Enroth	5	0	0	0	0	0
Lalime	6	0	1	1	0	0

CALGARY

Player	GP	G	A	Pts	+/-	PIM
Iginla	42	17	20	37	-6	30
Tanguay	42	10	21	31	-1	16
Bourque	40	13	12	25	-11	20
Giordano	42	4	18	22	-4	40
Jokinen	39	8	13	21	-10	32
Morrison	42	5	15	20	0	14
Babchuk	42	6	13	19	-2	20
Stajan	36	2	17	19	6	14
Hagman	41	8	10	18	-5	20
Glencross	39	9	6	15	1	40
Bouwmeester	42	3	11	14	4	26
Jackman	42	6	5	11	0	70
Moss	29	6	5	11	3	10
Backlund	34	4	5	9	4	6
Kostopoulos	42	4	4	8	-1	54
Sarich	36	1	7	8	6	31
Regehr	41	0	4	4	7	32
Pardy	17	0	3	3	1	14
Conroy	18	2	0	2	-1	8
Staios	15	1	1	2	-1	20
Mikkelson	20	0	2	2	-6	7
Meyer	16	0	2	2	-7	0
Kotalik	14	1	0	1	-3	2
Sutter	4	0	1	1	-1	5
Brodie	3	0	0	0	-3	2
Ivanans	1	0	0	0	-1	5
Kiprusoff	35	0	0	0	0	0
Karlsson	8	0	0	0	0	0

CAROLINA

Player	GP	G	A	Pts	+/-	PIM
Staal	41	20	21	41	-4	34
Ruutu	41	10	23	33	-2	28
Skinner	41	14	18	32	0	12
Jokinen	35	6	20	26	-1	12
Cole	41	11	10	21	8	23
Corvo	41	6	12	18	-6	14
Pitkanen	34	2	16	18	7	32
Samsonov	37	8	9	17	1	8
LaRose	41	7	8	15	-7	28
Dwyer	41	7	7	14	-1	8
McBain	41	1	13	14	4	22
Sutter	41	7	6	13	6	10
Gleason	41	2	8	10	-4	45
White	39	2	8	10	-7	10
Carter	37	1	5	6	-3	29
Boychuk	11	3	2	5	0	2
Harrison	39	1	4	5	0	37
Tlusty	21	3	1	4	-2	4
Dalpe	12	3	1	4	1	0
Bodie	31	0	3	3	-4	29
Matsumoto	13	2	0	2	-4	4
Bowman	8	0	0	0	1	6
Carsen	7	0	0	0	-4	0
Rodney	3	0	0	0	0	2
Ward	34	0	0	0	0	0
Peters	10	0	0	0	0	0

CHICAGO

Player	GP	G	A	Pts	+/-	PIM
Sharp	43	25	19	44	-7	18
Toews	42	16	20	36	8	12
Kane	35	13	20	33	-7	12
Kopecky	43	7	19	26	-6	40
Hossa	29	10	15	25	6	14
Bickell	41	11	13	24	8	23
Keith	44	3	21	24	-7	16
Seabrook	44	3	20	23	-5	24
Brouwer	44	10	12	22	3	16
Bolland	37	6	10	16	2	28
Dowell	42	5	10	15	10	45
Campbell	31	2	13	15	19	4
Skille	41	6	8	14	3	23
Stalberg	40	6	8	14	-1	16
Pisani	34	6	5	11	0	8
Paajarvi	36	0	8	8	4	8
Gilbert	42	2	4	6	4	19
Cogliano	37	0	6	6	2	34
Jones	40	9	3	12	-5	15
Foster	38	3	8	11	-7	20
Brule	34	6	2	8	-7	33
Peckham	37	2	5	7	-3	79
Omark	11	1	5	6	-2	4
Vandermeer	26	1	4	5	1	16
Smid	36	0	4	4	-11	37
Fraser	40	2	1	3	-2	49
O'Marra	9	1	2	3	0	2
Stortini	27	0	3	3	-3	52
Jacques	18	1	1	2	0	4
Petry	5	0	1	1	-2	0
Reddox	3	0	1	1	-1	0
Strudwick	20	0	0	0	-8	11
MacIntyre	10	0	0	0	0	38
Belle	5	0	0	0	-2	0
Khabibulin	27	0	0	0	0	2
Dubnyk	13	0	0	0	0	2
Gerber	2	0	1	1	0	0

COLORADO

Player	GP	G	A	Pts	+/-	PIM
Duchene	42	16	24	40	4	21
Stastny	40	15	21	36	3	26
Hejduk	35	13	22	35	-3	12
Liles	42	5	25	30	11	25
Fleischmann	41	11	16	27	0	18
Stewart	23	11	14	25	-2	36
Wilson	39	13	10	23	1	20
Shattenkirk	31	5	15	20	-3	16
Winnik	41	7	9	16	6	22
O'Reilly	42	5	10	15	7	6
Yip	37	7	7	14	-6	29
Galiardi	25	7	6	13	1	12
Porter	36	7	4	11	8	14
Dupuis	40	3	8	11	6	19
Mauldin	27	5	5	10	7	6
Wilson	33	2	7	9	8	22
Duvorak	33	4	2	6	-3	99
Kulikov	30	0	6	6	-1	19
Bernier	41	1	4	5	-4	15
Reinprecht	11	1	4	5	0	8
Olesz	31	0	5	5	11	37
Allen	31	3	6	9	3	27
Weaver	40	1	7	8	3	12
Garrison	31	2	4	6	4	8
Thomas	13	2	3	5	2	4
Ellerby	17	0	4	4	5	6
Hordichuk	29	1	2	3	3	37
Repik	8	1	1	2	-4	4
McArdle	5	0	0	0	0	11
Callahan	2	0	0	0	0	0
Vokoun	32	0	1	1	0	2
Clemmensen	12	0	0	0	0	0

COLUMBUS

Player	GP	G	A	Pts	+/-	PIM
Nash	41	20	14	34	-1	14
Umberger	42	14	15	29	-4	26
Brassard	42	9	17	26	-5	22
Voracek	40	8	17	25	-2	14
Vermette	42	9	14	23	2	38
Methot	37	0	14	14	7	30
Clark	35	5	8	13	1	23
Huselius	20	8	4	12	-10	6
Wilson	27	4	7	11	0	12
Tyutin	40	3	8	11	2	28
Stralman	33	0	10	10	-4	16
Pahlsson	42	3	6	9	-4	20
Klesla	40	2	7	9	11	22
Russell	35	2	7	9	-6	14
Boll	33	3	4	7	0	119
Hejda	40	2	5	7	-7	14
Clifford	39	2	5	7	-10	89
Ponikarovsky	23	0	7	7	3	2
Commodore	20	2	4	6	-8	44
MacKenzie	27	2	3	5	1	4
Murray	15	2	3	5	3	4
Moreau	23	1	4	5	-5	16
Sestito	9	2	2	4	-4	40
Calvert	2	1	0	1	-2	2
Holden	5	0	0	0	0	0
Guenin	3	0	0	0	-3	2
Blunden	1	0	0	0	-1	0
Mason	26	0	1	1	0	0
Garon	22	0	0	0	0	2

DALLAS

Player	GP	G	A	Pts	+/-	PIM
Richards	43	18	31	49	9	20
Eriksson	43	16	30	46	17	4
Ribeiro	43	9	27	36	1	12
Neal	43	15	16	31	13	37
Morrow	43	12	12	24	1	33
Benn	40	11	13	24	-5	32
Robidas	42	3	16	19	9	51
Ott	43	9	9	18	-8	106
Daley	43	3	13	16	10	20
Langenbrunner	32	4	10	14	-15	16
Segal	36	4	5	9	0	34
Niskanen	36	0	6	6	0	23
Ribeiro	33	4	1	5	-1	54
Goligoski	26	0	5	5	0	29
Orpik	43	3	13	16	10	20
Burns	40	12	14	26	-3	47
Cullen	39	8	16	24	0	14
Brunette	42	9	13	22	-4	10
Miettinen	33	8	12	20	-5	14
Ziidlicky	30	4	16	20	0	22
Clutterbuck	41	13	6	19	2	28
Brodziak	42	9	4	13	0	30
Schultz	39	3	9	12	0	24
Madden	40	5	6	11	-13	4
Sutherby	32	2	2	4	-3	42
Fistric	26	2	1	3	-2	22
Petersen	34	1	2	3	-7	6
Barch	23	1	1	2	-4	44
Gagnon	7	0	2	2	2	0
Larsen	5	0	1	1	-1	0
Lehtonen	32	0	2	2	0	2
Raycroft	13	0	0	0	0	0
Bachman	1	0	0	0	0	0

DETROIT

Player	GP	G	A	Pts	+/-	PIM
Zetterberg	42	15	32	47	12	20
Datsyuk	33	12	27	39	8	11
Lidstrom	42	11	28	39	3	10
Franzen	41	18	15	33	4	22
Rafalski	31	2	27	29	11	10
Bertuzzi	42	7	20	27	0	30
Cleary	35	16	10	26	6	8
Filppula	40	10	15	25	1	14
Kronwall	42	8	13	21	6	22
Holmstrom	42	10	10	20	4	44
Helm	42	4	12	16	7	6
Eaves	34	12	3	15	4	10
Stuart	41	3	9	12	7	26
Hudler	37	3	9	12	-8	8
Ericsson	34	2	8	10	9	44
Abdelkader	34	3	6	9	11	36
Modano	20	2	6	8	-3	6
Miller	35	1	5	6	-2	4
Salei	41	0	6	6	2	32
Draper	14	3	1	4	1	2
Tatar	5	1	0	1	0	0
Kindl	14	0	0	0	-1	12
Janik	7	0	0	0	-2	7
Mursak	7	0	0	0	-3	4
Howard	32	0	1	1	0	2
Osgood	11	0	0	0	0	4
MacDonald	1	0	0	0	0	0

EDMONTON

Player	GP	G	A	Pts	+/-	PIM
Penner	40	12	15	27	-5	29
Whitney	35	2	25	27	13	33
Gagner	40	10	16	26	-5	19
Hemsky	27	9	15	24	2	8
Hall	40	12	11	23	-8	10
Eberle	37	9	14	23	-4	4
Horcoff	24	7	8	15	4	14
Paajarvi	38	4	10	14	0	12
Gilbert	40	5	8	13	-11	24
Cogliano	40	4	9	13	-12	33
Jones	40	9	3	12	-5	15
Foster	38	3	8	11	-7	20
Brule	34	6	2	8	-7	33
Peckham	37	2	5	7	-3	79
Omark	11	1	5	6	-2	4
Vandermeer	26	1	4	5	1	16
Smid	36	0	4	4	-11	37
Fraser	40	2	1	3	-2	49
O'Marra	9	1	2	3	0	2
Stortini	27	0	3	3	-3	52
Jacques	18	1	1	2	0	4
Petry	5	0	1	1	-2	0
Reddox	3	0	1	1	-1	0
Strudwick	20	0	0	0	-8	11
MacIntyre	10	0	0	0	0	38
Belle	5	0	0	0	-2	0
Khabibulin	27	0	0	0	0	2
Dubnyk	13	0	0	0	0	2
Gerber	2	0	1	1	0	0

FLORIDA

Player	GP	G	A	Pts	+/-	PIM
Weiss	39	13	13	26	4	22
Frolik	39	8	18	26	12	10
Booth	40	11	12	23	-9	12
Santorelli	40	11	9	20	-4	10
McCabe	40	5	14	19	8	26
Wideman	40	3	16	19	-12	21
Reasoner	40	8	9	17	8	16
Higgins	34	8	8	16	9	8
Matthias	38	5	8	13	1	16
Dvorak	31	5	7	12	3	10
Kulikov	39	3	8	11	9	20
Bernier	32	4	6	10	-8	12
Reinprecht	29	4	6	10	-2	6
Olesz	23	2	8	10	-3	6
Allen	31	3	6	9	3	27
Weaver	40	1	7	8	3	12
Garrison	31	2	4	6	4	8
Thomas	13	2	3	5	2	4
Ellerby	17	0	4	4	5	6
Hordichuk	29	1	2	3	3	37
Repik	8	1	1	2	-4	4
McArdle	5	0	0	0	0	11
Callahan	2	0	0	0	0	0
Vokoun	32	0	1	1	0	2
Clemmensen	12	0	0	0	0	0

LOS ANGELES

Player	GP	G	A	Pts	+/-	PIM
Kopitar	41	15	30	45	12	12
Williams	41	16	19	35	12	45
Brown	41	17	17	34	14	39
Johnson	41	4	27	31	-5	34
Smyth	41	17	11	28	4	24
Stoll	41	11	15	26	3	16
Doughty	35	2	20	22	13	30
Handzus	41	5	11	16	0	14
Simmonds	41	8	7	15	-4	54
Scuderi	41	1	9	10	13	12
Richardson	36	6	3	9	-6	19
Clifford	37	3	4	7	-8	67
Ponikarovsky	23	3	4	7	-3	2
Sturm	10	2	4	6	3	0
Martinez	21	3	2	5	-3	12
Lewis	31	2	3	5	-5	4
Mitchell	16	1	4	5	5	5
Drewiske	36	0	5	5	-1	19
Harrold	18	1	3	4	3	4
Parse	5	1	3	4	5	0
Moller	4	1	2	3	1	0
Westgarth	31	0	3	3	-4	59
Loktionov	7	1	1	2	-1	2
Greene	30	0	2	2	-2	36
Schenn	8	0	2	2	-1	0
Muzzin	11	0	1	1	-2	0
King	6	0	0	0	-2	2
Zeiler	4	0	0	0	-1	0
Quick	31	0	1	1	0	0
Bernier	12	0	0	0	0	0

MINNESOTA

Player	GP	G	A	Pts	+/-	PIM
Havlat	42	10	28	38	-1	24
Koivu	42	10	26	36	7	32
Burns	40	12	14	26	-3	47
Cullen	39	8	16	24	0	14
Brunette	42	9	13	22	-4	10
Miettinen	33	8	12	20	-5	14
Ziidlicky	30	4	16	20	0	22
Clutterbuck	41	13	6	19	2	28
Brodziak	42	9	4	13	0	30
Schultz	39	3	9	12	0	24
Madden	40	5	6	11	-13	4
Bouchard	19	2	8	10	-1	2
Kobasew	28	7	1	8	-2	8
O'Sullivan	30	2	6	8	-1	4
Latendresse	8	3	3	6	2	8
Barker	34	1	4	5	-12	16
Nystrom	42	1	3	4	-12	22
Stoner	20	1	2	3	1	28
Zanon	42	0	2	2	-9	20
Staubitz	35	0	2	2	-3	63
Falk	18	0	2	2	-1	6
Scandella	14	0	2	2	0	2
Wellman	12	0	1	1	-1	4
Spurgeon	15	0	0	0	-3	2
Earl	6	0	0	0	-3	0
Almond	4	0	0	0	-1	0
Kassian	4	0	0	0	-1	12
Gillies	3	0	0	0	0	0
Peters	2	0	0	0	0	2
Backstrom	26	0	0	0	0	2
Theodore	17	0	0	0	0	0

MONTREAL

Player	GP	G	A	Pts	+/-	PIM
Plekanec	41	12	20	32	5	38
Cammalleri	41	12	16	28	6	27
Wisniewski	37	5	22	27	-17	18
Gionta	42	15	9	24	-2	6
Kostitsyn	41	10	13	23	1	32
Gomez	40	6	16	22	-8	14
Pouliot	41	8	10	18	2	18
Hamrlik	39	3	15	18	2	42
Halpern	42	6	10	16	3	21
Darche	36	6	8	14	6	8
Subban	37	3	10	13	-1	48
Spacek	42	1	11	12	3	24
Moen	41	3	4	7	-5	56
Pacioretty	12	3	4	7	-3	17
Gorges	36	1	6	7	-3	18
Picard	31	3	3	6	1	8
Eller	38	2	4	6	-1	26
Pyatt	35	1	2	3	-5	2
Markov	7	1	2	3	2	4
Gill	42	0	3	3	-7	27
Weber	13	0	3	3	-2	2
Boyd	11	0	1	1	-2	0
Desharnais	3	0	1	1	0	0
Price	38	0	1	1	0	0
Auld	5	0	0	0	0	2

NASHVILLE

Player	GP	G	A	Pts	+/-	PIM
Weber	41	7	17	24	4	34
Hornqvist	38	13	10	23	0	18
Kostitsyn	37	11	12	23	3	8
Wilson	41	10	11	21	5	6
Sullivan	34	10	10	20	4	22
Suter	30	1	18	19	15	18
O'Reilly	38	6	12	18	4	2
Goc	35	7	10	17	10	4
Erat	27	5	12	17	6	14
Franson	39	5	9	14	3	14
Legwand	23	3	9	12	2	12
Dumont	41	4	7	11	2	14
Ward	5	0	1	1	-2	0
Tootoo	32	4	6	10	4	47
Klein	40	2	8	10	6	15
Bouillon	40	1	8	9	-1	27
Smithson	41	4	4	8	-1	16
O'Brien	41	2	5	7	-8	39
Spaling	33	2	2	4	-6	8
Svatos	5	1	0	1	0	2
Sulzer	14	0	1	1	0	2
Belak	12	0	0	0	-1	14
Mueller	4	0	0	0	-1	2
Klasen	4	0	0	0	-3	0
Lombardi	2

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	41	26	10	2	3	137	107	57	13-6-0-2	13-4-2-1	7-3-0-0	W3
d-Tampa Bay	43	25	13	3	2	128	137	55	12-3-1-1	13-10-2-1	6-3-1-0	L1
d-Boston	41	22	12	2	5	117	93	51	9-7-1-2	13-5-1-3	5-2-1-2	W1
Pittsburgh	44	26	14	2	2	138	105	56	14-9-1-0	12-5-1-2	4-4-0-2	L3
Washington	42	24	12	3	3	123	109	54	15-4-2-3	9-8-1-0	6-1-2-1	W1
NY Rangers	43	25	15	2	1	126	107	53	10-8-1-1	15-7-1-0	6-2-1-1	W3
Atlanta	45	22	16	3	4	140	140	51	11-8-1-2	11-8-2-2	3-5-2-0	L2
Montreal	42	23	16	3	0	105	99	49	14-5-3-0	9-11-0-0	4-5-1-0	W2
Carolina	41	20	15	2	4	121	123	46	9-7-1-1	11-8-1-3	5-3-2-0	W2
Buffalo	41	18	18	5	0	113	119	41	9-10-1-0	9-8-4-0	5-4-1-0	W2
Florida	40	18	20	1	1	109	106	38	8-8-1-1	10-12-0-0	4-4-1-1	L3
Toronto	41	17	20	2	2	108	123	38	9-10-2-1	8-10-0-1	5-5-0-0	W3
Ottawa	42	16	20	4	2	93	126	38	9-12-1-1	7-8-3-1	3-4-2-1	L5
NY Islanders	40	13	21	3	3	94	130	32	7-7-1-2	6-14-2-1	6-3-0-1	L1
New Jersey	42	11	29	1	1	78	133	24	7-13-1-1	4-16-0-0	2-8-0-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	41	27	8	3	3	141	99	60	15-3-1-2	12-5-2-1	8-0-1-1	L1
d-Detroit	43	27	11	4	1	149	123	59	13-5-3-1	14-6-1-0	6-3-1-0	L1
d-Dallas	43	25	13	1	4	124	118	55	12-6-1-3	13-7-0-1	5-3-0-2	W1
Nashville	41	22	13	4	2	106	97	50	10-4-3-2	12-9-1-0	5-5-0-0	W5
Colorado	43	22	15	6	0	144	138	50	12-8-3-0	10-7-3-0	3-5-2-0	W1
Anaheim	45	23	18	2	2	117	123	50	15-7-0-1	8-11-2-1	6-4-0-0	W2
Phoenix	42	20	13	6	3	117	120	49	8-5-3-2	12-8-3-1	5-3-1-1	W1
Chicago	44	23	18	2	1	136	121	49	14-10-0-0	9-8-2-1	6-4-0-0	W2
Los Angeles	42	23	18	1	0	126	108	47	14-7-1-0	9-11-0-0	4-6-0-0	L1
Minnesota	42	21	16	1	4	107	118	47	10-10-0-2	11-6-1-2	6-3-0-1	L1
San Jose	43	21	17	4	1	119	118	47	10-7-2-1	11-10-2-0	4-6-0-0	L4
St. Louis	41	20	15	2	4	110	116	46	14-7-0-2	6-8-2-2	5-4-0-1	L4
Columbus	42	20	19	2	1	107	130	43	11-9-0-1	9-10-2-0	4-6-0-0	L4
Calgary	42	18	20	1	3	112	123	40	11-8-0-1	7-12-1-2	4-5-0-1	L3
Edmonton	40	13	20	1	6	101	138	33	7-11-1-2	6-9-1-3	2-6-0-2	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Boston 4 Pittsburgh 2
Colorado 5 Detroit 4
Phoenix 4 St. Louis 3
Toronto 3 Los Angeles 2
Sunday's results
Anaheim 1 San Jose 0
Carolina 4 Atlanta 3 (OT)
Chicago 5 N.Y. Islanders 0
Dallas 4 Minnesota 0
New Jersey 6 Tampa Bay 3

Tonight's games
All Times Eastern
Ottawa at Boston, 7 p.m.
Vancouver at N.Y. Islanders, 7 p.m.
Montreal at N.Y. Rangers, 7 p.m.
Calgary at Carolina, 7 p.m.
Phoenix at Columbus, 7 p.m.
Philadelphia at Buffalo, 7:30 p.m.
Washington at Florida, 7:30 p.m.
Minnesota at Nashville, 8 p.m.
Edmonton at Dallas, 8:30 p.m.
Toronto at San Jose, 10:30 p.m.

MAPLE LEAFS 3, KINGS 2

First Period
1. Los Angeles, Simmonds 9 (Scuderi, Stoll) 15:18
Penalties — Komisarek Tor (delay of game) 6:02, Grabovski Tor (hooking) 18:11.
Second Period
2. Toronto, Boyce 2 (Armstrong, Versteeg) 2:27
3. Toronto, Kessel 18 (Crabb, Bozak) 3:01
4. Los Angeles, Handzus 6 (Martinez, Smyth) 14:53
Penalties — None.
Third Period
5. Toronto, Kulemin 16 (Grabovski, MacArthur) 4:58
Penalties — Brent Tor (kneeing, fighting), Sturm LA (instigator, fighting, misconduct) 2:44, Stoll LA (cross-checking) 6:07, Phaneuf Tor (slashing) 18:18.
Shots

Toronto	5	12	11	—28
Los Angeles	8	7	17	—32

Goal — Toronto: Reimer (W,3-1-0); Los Angeles: Quick (L,19-11-1). **Power plays (goals-chances)** — Toronto: 0-1; Los Angeles: 0-3.
Referees — Ian Walsh, Paul Devorski. **Linesmen** — Jay Sharrers, Brian Murphy.
Att. — 17,834 (18,118) at Los Angeles.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	32	34	66
Stamkos, TB	31	26	57
D.Sedin, Vcr	25	29	54
H.Sedin, Vcr	9	45	54
St. Louis, TB	18	35	53
B.Richards, Dal	18	31	49
Zetterberg, Det	15	32	47
Eriksson, Dal	16	30	46
Perry, Ana	21	24	45
Kopitar, LA	15	30	45
Sharp, Chi	25	19	44
Ovechkin, Wash	15	29	44
E.Staal, Car	20	21	41
Byfuglien, Atl	16	25	41
Kesler, Vcr	23	17	40
Duchene, Col	16	24	40
Datsyuk, Det	12	27	39
Lidstrom, Det	11	28	39
Backstrom, Wash	11	27	38
Havlat, Minn	10	28	38
Enstrom, Atl	8	30	38
Iginla, Cal	17	20	37
Heatley, SJ	15	22	37
Getzlaf, Ana	13	24	37
M.Richards, Pha	13	24	37
Selanne, Ana	12	25	37
Dubinsky, NYR	16	20	36
Giroux, Pha	16	20	36
Toews, Chi	16	20	36
P.Stastny, Col	15	21	36
Ladd, Atl	14	22	36
Clowe, SJ	11	25	36
M.Koivu, Minn	10	26	36
Ribeiro, Dal	9	27	36
Letang, Pgh	6	30	36
Semin, Wash	18	17	35
J.Williams, LA	16	19	35
Hejduk, Col	13	22	35
Roy, Buf	10	25	35
J.Thornton, SJ	10	25	35
Nash, Clb	20	14	34
D.Brown, LA	17	17	34
J.Carter, Pha	16	18	34
Malkin, Pgh	15	19	34
Briere, Pha	21	12	33
Franzen, Det	18	15	33
P.Kane, Chi	13	20	33
MacArthur, Tor	12	21	33
Ruutu, Car	10	23	33
Visnovsky, Ana	7	26	33
Grabovski, Tor	17	15	32
Skinner, Car	14	18	32
Plekanec, Mtl	12	20	32
Backes, StL	11	21	32

Not including last night's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	30	9	.769	—
d-Boston	28	9	.757	1
d-Chicago	25	12	.676	4
Orlando	25	12	.676	4
Atlanta	25	14	.641	5
New York	21	15	.583	7½
Indiana	14	20	.412	13½
Philadelphia	15	22	.405	14
Charlotte	14	21	.400	14
Milwaukee	14	21	.400	14
Toronto	13	24	.351	16
Detroit	12	25	.324	17
New Jersey	10	27	.270	19
Washington	9	26	.257	19
Cleveland	8	29	.216	21

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	31	6	.838	—
Dallas	26	10	.722	4½
d-L.A. Lakers	27	11	.711	4½
d-Oklahoma City	25	13	.658	6½
d-Utah	25	13	.658	6½
New Orleans	22	16	.579	9½
Denver	20	16	.556	10½
Portland	20	18	.526	11½
Houston	17	21	.447	14½
Memphis	17	21	.447	14½
Phoenix	15	20	.429	15
Golden State	15	22	.405	16
L.A. Clippers	12	24	.333	18½
Minnesota	9	29	.237	22½
Sacramento	8	26	.235	21½

d — division leader
Last night's results
Charlotte 96 Memphis 82
Houston 108 Boston 102
Chicago 95 Detroit 82
Sunday's results
Toronto 118 Sacramento 112
L.A. Clippers 105 Golden State 91
San Antonio 94 Minnesota 91
Phoenix 108 Cleveland 100
Miami 107 Portland 100 (OT)
New Orleans 96 Denver 87
L.A. Lakers 109 New York 87
Tonight's games
All Times Eastern
Milwaukee at Atlanta, 7 p.m.
Indiana at Philadelphia, 7 p.m.
Sacramento at Washington, 7 p.m.
San Antonio at Minnesota, 8 p.m.
Phoenix at Denver, 9 p.m.
New York at Portland, 10 p.m.
Cleveland at L.A. Lakers, 10:30 p.m.

GOLF

PGA

FEDEXCUP STANDINGS
(all figures in U.S. dollars)

Rank	Name	Points	Money
1.	Jonathan Byrd	500	$1,120,000
2.	Robert Garrigus	300	$635,000
3.	Graeme McDowell	190	$412,000
4.	Carl Pettersson	123	$286,500
4.	Steve Stricker	123	$286,500
6.	Matt Kuchar	95	$201,500
6.	Ian Poulter	95	$201,500
8.	Bill Haas	85	$182,000
9.	Jason Day	75	$162,000
9.	Jim Furyk	75	$162,000
9.	Dustin Johnson	75	$162,000

WORLD RANKING
Through Jan. 9

1.	Lee Westwood	Eng	8.97
2.	Tiger Woods	USA	7.50
3.	Martin Kaymer	Ger	7.03
4.	Phil Mickelson	USA	6.39
5.	Graeme McDowell	Nir	6.30
6.	Steve Stricker	USA	6.01
7.	Jim Furyk	USA	6.00
8.	Paul Casey	Eng	5.65
9.	Luke Donald	Eng	5.48
10.	Ian Poulter	Eng	5.48
11.	Ernie Els	SAf	5.46
12.	Rory McIlroy	Nir	5.40
13.	Matt Kuchar	USA	4.69
14.	Dustin Johnson	USA	4.50
15.	Retief Goosen	SAf	4.38

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE
BOSTON RED SOX—Agreed to terms with LHP Hideki Okajima on a one-year contract. Named Mike Murov assistant for baseball operations, Tom Allison regional crosschecker for the Midwest, Jon Adkins area scout for the Ohio Valley, Chris Pritchett area scout for Canada, Andy Fox minor league infield coordinator, Chili Davis hitting coach for Pawtucket (IL), Rich Gedman hitting coach for Lowell (NYP), Nate Field, John Lombardo and Hal Morris pro scouts, Victor Rodriguez scout for the Dominican Republic, Basilio Alvarado Dominican Summer League catching coach, and Oscar Lira Dominican Summer League assistant pitching coach.
CHICAGO WHITE SOX—Agreed to terms with LHP Will Ohman on a two-year contract.
DETROIT TIGERS—Named Bill Brown advisor for team travel and Tyson Steele director of team travel.
NEW YORK YANKEES—Named Luis Sojo manager, Jeff Ware pitching coach, Justin Turner hitting coach and Mario Garza coach for Tampa (FSL).
SEATTLE MARINERS—Agreed to terms with INF Adam Kennedy on a minor league contract.

NATIONAL LEAGUE
CHICAGO CUBS—Claimed C Max Ramirez off waivers from Boston.
CINCINNATI REDS—Agreed to terms with SS Edgar Renteria and OF Fred Lewis on one-year contracts.
PHILADELPHIA PHILLIES—Traded LHP Sergio Escalona to Houston for 2B Albert Cartwright.
SAN DIEGO PADRES—Agreed to terms with INF Jason Bartlett on a two-year contract.

BASKETBALL

NBA
DALLAS MAVERICKS—Signed F Sasha Pavlovic to a 10-day contract.

FOOTBALL

NFL
CHICAGO BEARS—Signed WR Onrea Jones and DT Tank Tyler to reserve/future contracts.
CLEVELAND BROWNS—Signed QB Jarrett Brown, DL Scott Paxson and DB Ramzee Robinson.

CFL
TORONTO ARGONAUTS—Signed WR Jeremaine Copeland to a contract extension.
WINNIPEG BLUE BOMBERS—Signed DB Alex Suber and DB Clint Kent to contract extensions.

HOCKEY

NHL
COLUMBUS BLUE JACKETS—Recalled G David LeNeveu from Springfield (AHL).
DETROIT RED WINGS—Recalled G Joey MacDonald from Grand Rapids (AHL). Reassigned G Thomas McCollum from Toledo (ECHL) to Grand Rapids.
MINNESOTA WILD—Reassigned D Jared Spurgeon to Houston (AHL).
NEW YORK RANGERS—Traded D Michal Rozsival to Phoenix for F Wojtek Wolski.
PHOENIX COYOTES—Traded F Wojtek Wolski to the N.Y. Rangers for D Michal Rozsival.
WASHINGTON CAPITALS—Recalled RW Brian Willsie from Hershey (AHL).

AHL
SAN ANTONIO RAMPAGE—Signed RW J.D. Watt.

SOCCER

MLS
D.C. UNITED—Signed D Rodrigo Brasesco on loan from Racing Club of Uruguay.

TENNIS

SYDNEY INTERNATIONAL
At Sydney
Yesterday's results
MEN
Singles — First Round
Juan Martin del Potro, Argentina, def. Feliciano Lopez (6), Spain, 6-7 (5), 7-6 (9), 7-6 (3).
Sergiy Stakhovsky, Ukraine, def. Benjamin Becker, Germany, 7-6 (3), 7-6 (6).
Florian Mayer, Germany, def. James Ward, England, 7-5, 6-0.
Igor Andreev, Russia, def. Jeremy Chardy, France, 6-2, 6-4.
Frederico Gil, Portugal, def. Jarkko Nieminen, Finland, 6-2, retired.
WOMEN
Singles — First Round
Flavia Pennetta, Italy, def. Lucie Hradecka, Czech Republic, 6- 4, 6-3.
Maria Jose Martinez, Spain, def. Daniela Hantuchova, Slovakia, 6-2, 6-4.
Victoria Azarenka (7), Belarus, def. Ekaterina Makarova, Russia, 2-6, 6-2, 6-4.
Shahar Peer, Israel, def. Sybille Bammer, Austria, 6-3, 5-7, 6-1.
Dominika Cibulkova, Slovakia, def. Maria Kirilenko, Russia, 6-3, 6-3.
Li Na (8), China, def. Anastasia Rodionova, Australia, 6-1, 6-2.
Virginie Razzano, France, def. Sandra Zahlavova, Czech Republic, 7-6(4), 6-2.
Barboro Zahlavova Strycova, Czech Republic, def. Nadia Petrova, Russia, 6-2, 6-2.
Bojana Jovanovski, Serbia, def. Kaia Kanepi, Estonia, 6-4, 6-4.
Samantha Stosur (4), Australia, def. Yanina Wickmayer, Belgium, 7-5, 6-4.
Alisa Kleybanova, Russia, def. Francesca Schiavone (5), Italy, 6-7 (5), 6-1, 6-2.
Aravane Rezai, France, def. Jelena Jankovic (6), Serbia, 7-5, 2-6, 6-3.

HOBART INTERNATIONAL
At Hobart, Australia
Yesterday's results
Singles — First Round
Jarmila Groth (6), Australia, def. Johanna Larsson, Sweden, 6-1, 6-3.
Alicia Molik, Australia, def. Sofia Arvidsson, Sweden, 7-5, 6-3.
Olga Govortsova, Belarus, def. Sally Peers, Australia, 6-4, 6-2.
Peng Shuai, China, def. Tsvetana Pironkova (3), Bulgaria, 2-6, 6-3, 6-2.
Elena Vesnina, Russia, def. Arantxa Parra Santonja, Spain, 6-2, 6-1.
Tamira Paszek, Austria, def. Olivia Rogowska, Australia, 6-1, 6-3.
Alberta Brianti, Italy, def. Carla Suarez Navarro, Spain, 4-6, 6-3, 6-4.
Klara Zakopalova (5), Czech Republic, def. Melanie Oudin, U.S., 6-3, 7-6 (3).
Bethanie Mattek-Sands (2), U.S., def. Anastasia Pavlyuchenkova, Russia, 6-2, 0-0, retired.
Alla Kudryavtseva, Russia, def. Magdalena Rybarikova, Slovakia, 6-3, 6-4.
Elena Baltacha, Britain, def. Tamarine Tanasugarn, Thailand, 6-3, 6-3.
Marion Bartoli (1), France, def. Dinara Safina, Russia, 6-0, 6-1.

HEINEKEN OPEN
At Auckland, New Zealand
Yesterday's results
Singles — First Round
Santiago Giraldo, Colombia, def. Daniel Gimeno-Traver, Spain, 6-2, 6-4.
Tommy Robredo, Spain, def. Michael Venus, New Zealand, 6-7 (6), 6-3, 6-0.
Philipp Kohlschreiber (8), Germany, def. Carlos Berlocq, Argentina, 2-6, 6-3, 6-1.

SOCCER

ENGLAND

FA CUP
Third Round
Yesterdat's results
Crawley 2 Derby 1

SCOTLAND

SCOTTISH CUP
Fourth Round
Yesterday's results
Rangers 3 Kilmarnock 0

SPAIN

LA LIGA
Yesterday's result
Hercules 4 Atletico Madrid 1

NFL

WILD-CARD PLAYOFFS
Sunday's results
AFC
Baltimore 30 Kansas City 7
NFC
Green Bay 21 Philadelphia 16

DIVISIONAL PLAYOFFS
Saturday's games
All times Eastern
AFC
Baltimore at Pittsburgh, 4:30 p.m.
NFC
Green Bay at Atlanta, 8 p.m.
Sunday, Jan. 16
NFC
Seattle at Chicago, 1 p.m.
AFC
N.Y. Jets at New England, 4:30 p.m.

FOOTBALL

NCAA

BOWL GAMES
All Times Eastern

BCS NATIONAL CHAMPIONSHIP
At Glendale, Ariz.
Last night's result
Auburn 22 Oregon 19

FIGHT HUNGER BOWL
At San Francisco
Sunday's result
Nevada 20 Boston College 13

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	1	1	0	1.000	13	7	—
Rochester	1	1	0	1.000	11	10	—
Boston	1	1	0	1.000	10	6	—
Buffalo	1	0	1	.000	9	10	1
Philadelphia	1	0	1	.000	6	10	1

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	2	2	0	1.000	23	20	—
Washington	2	1	1	.500	22	23	1
Colorado	1	0	1	.000	10	11	1½
Minnesota	1	0	1	.000	10	11	1½
Edmonton	1	0	1	.000	7	13	1½

WEEK ONE
Sunday's result
Calgary 13 Washington 11
WEEK TWO
Friday's game
Minnesota at Washington, 11 p.m.
Saturday's game
Edmonton at Boston, 7:30 p.m.
Buffalo at Philadelphia, 7:30 p.m.
Toronto at Rochester, 7:35 p.m.
Colorado at Calgary, 9:30 p.m.

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Melo talks down possible Nets deal

Nuggets star says he doesn't expect trade to happen any time soon

Carmelo Anthony doesn't think a trade to New Jersey is imminent and he expressed remorse yesterday that teammate Chauncey Billups' name has been dragged into this drama.

A day after reports the Nets were closing in on a deal for the Denver Nuggets' all-star forward, Anthony said he doesn't see himself heading to New Jersey any time soon.

"That's my feeling. I don't think so. I don't want to elaborate on that anymore. That's just my own personal feeling," Anthony said following practice.

Asked if he would sign his $65-million US, three-year extension to facilitate a trade to the Nets, Anthony said:

"I really don't know."

"I'm waiting to see Masai and Josh, wherever they at," he added, referring to Nuggets general manager Masai Ujiri and team president Josh Kroenke. "Pretty sure they're working on whatever they're working on right now. They haven't been here. I'm waiting patiently until they get back so I can sit down with them."

Anthony said he was sorry that Billups' name has been brought up in a proposed three-team deal involving Detroit.

Billups is a Denver native who wants to stay in his hometown following his trade from the Pistons a couple of years ago.

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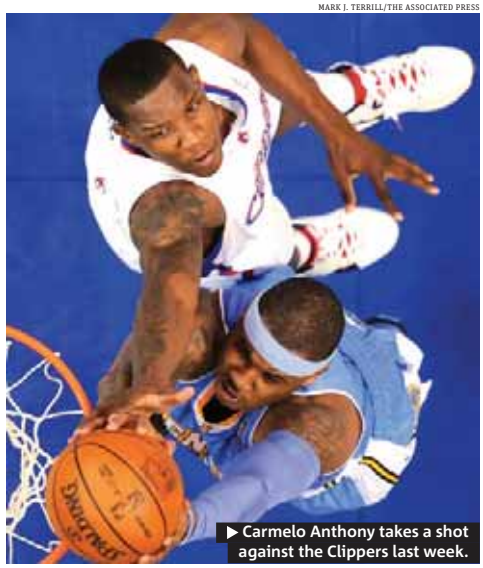
MARK J. TERRILL/THE ASSOCIATED PRESS



▶ Carmelo Anthony takes a shot against the Clippers last week.

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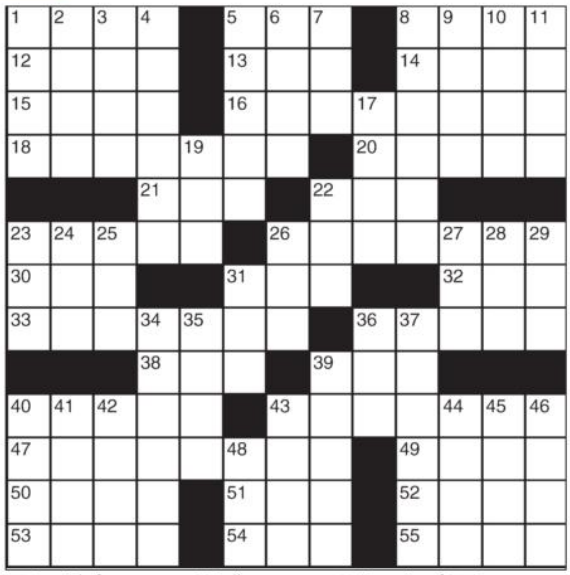


Across

1 Shoe bottom
5 A billion years
8 Apothecary measure
12 Barber's concern
13 Biz deg.
14 Latvia's capital
15 Stretches (out)
16 Energized
18 TV oldie about the Carringtons
20 Relaxes
21 Your, biblically
22 Jewel
23 Astound
26 Camping item for two
30 D.C. VIP
31 Purchase
32 Fish eggs
33 Movie snack
36 Swear-word
38 Actress Longoria
39 Fellow
40 All-wise one
43 One whose logic is faulty
47 "Hush!"
49 Margarine
50 Admitting customers
51 Cistern
52 Light melody
53 Libretto
54 Nay undoer
55 Eli's alma mater

Down

1 Lean-to
2 Reminiscent of wood, as some wines
3 Home security system?
4 Bad substitute
5 Devoid of content
6 Do as you're told
7 Siesta
8 Saw things in the dark?
9 Disencumbers
10 Chills and fever
11 Navigator's stack
17 Chick's call
19 That woman
22 Bloke
23 iPhone download
24 Cattle call?
25 Matterhorn, e.g.
26 Play on words
27 Mess up
28 Ph. bk. data
29 Ball prop
31 Lingerie item
34 Solidify
35 "Metamorphoses" poet
36 Upper limit
37 Evil
39 Three-card scam
40 Dalmatian's name, often
41 Use a towel
42 Pinnacle
43 Vacillate
44 Pelvic bones
45 Opposite of 31-Across
46 Carry
48 Eventual aves

▶ Monday's answer

A	M	I	R		R	A	P		L	A	V	E		
S	A	R	I		E	G	O		A	C	I	D		
P	L	O	P		C	O	L	D	C	A	S	E		
S	E	N	S	E	I		L	O	U	D	E	R		
			A	T	T	U		E	N	E				
S	H	O	W	C	A	S	E		A	M	M	O		
P	A	D		S	L	E	D	S		I	A	N		
A	L	I	T		S	U	I	T	C	A	S	E		
		O	A	R		P	F	U	I					
O	P	U	S	E	S		I	N	C	O	M	E		
T	E	S	T	C	A	S	E		A	V	O	W		
I	S	L	E		M	A	R		D	E	L	E		
S	O	Y	S		E	D	S		A	N	T	S		

Sudoku

	9		8		4		5	
			3		2			
3		8				7		2
		3	4		7	1		
7								8
		6	9		8	4		
1		9				5		6
			6		9			
	7		5		1		9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

8	7	1	9	6	3	4	2	5
4	6	3	7	2	5	9	8	1
2	5	9	4	8	1	3	6	7
3	4	7	2	1	6	8	5	9
5	1	2	8	4	9	6	7	3
6	9	8	5	3	7	2	1	4
1	8	5	6	9	4	7	3	2
7	2	4	3	5	8	1	9	6
9	3	6	1	7	2	5	4	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

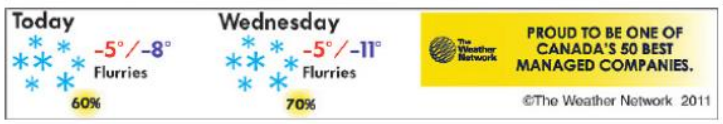
E.B. .... HAPPY BIRTHDAY XOXOXO... thanks for being the greatest wife and the bestest mom in the whole wide world. Love you tons sweetheart. **K.C. X2**

Dear Mom,
Happy 60th birthday! You are such a wonderful person and definitely the best mother a girl could ask for! I love you so much and hope you have a wonderful day! **XOXO TAMMY**

Echo, I love having you back in Llanview, with BIG kisses, **YOUR DISAVOY**

Dear David I love you! om-nom-nom-nom!! **LOVE, DEBBIE**

Shannon, I wanna feel your love. Right from the bottom of your heart to your hands. Thank you for being so accepting, caring and loving. Je t'aime beaucoup. Happy 6-month anniversary!! **LARRY XOXOX**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It's okay to go off on your own and do your own thing, but don't do it too much or others might start getting a bit suspicious. You don't want them thinking you're up to no good. That's just not true – is it?

♉ Taurus April 21-May 21 Taurus may be one of the zodiac's "fixed" signs but you know how to be flexible when the situation calls for it. It is better to bend in the breeze than get blown away. You'll bend, but you won't break.

♊ Gemini May 22-June 21 Let someone know that whatever bad blood there may have been between you in the past, it is over and done with and there are no hard feelings.

♋ Cancer June 22-July 22 You are sensitive by nature but you are also good at putting up the emotional shutters. That's what you have to do over the next 24 hours. Ignore others' comments. They're not worth worrying about.

♌ Leo July 23-Aug.23 Make things easy today by allowing other people to make decisions for you. Part of the art of leadership is delegation. You don't have to dot every "i" and cross every "t" yourself.

♍ Virgo Aug. 24- Sept. 22 Not everyone shares your passion for certain issues, so don't go around trying to convert those who are simply not that interested. It takes all sorts of people to make our world.

♎ Libra Sept. 23-Oct. 23 If you find it hard to get started on your work schedule, there is no point pushing yourself. Is what you have to do really so urgent that it must be done immediately? If not, postpone it until you feel motivated.

♏ Scorpio Oct. 24-Nov. 22 If someone cheats you today and it costs you money, there's probably not much you can do about it. Put it down to experience and swear that next time you won't be so gullible.

♐ Sagittarius Nov. 23-Dec. 21 How do you know that a friend's cry for help is genuine and not a ploy to get sympathy they probably don't deserve? The answer is: You don't. Help them out anyway.

♑ Capricorn Dec. 22-Jan. 20 No one will try to stop you if you decide to get away for a few hours today, but before you head out the door make sure you have completed what you promised to do.

♒ Aquarius Jan. 21-Feb. 18 It's not like you to let fear hold you back, but for some reason you are reluctant to take the kind of risk you usually don't think twice about. Maybe it's your sixth sense trying to warn you. Tread lightly.

♓ Pisces Feb. 19-March 20 Let others know how much you appreciate their efforts, and let them know how much their support means to you. You can never say "thank you" often enough. SALLY BROMPTON

Caption contest

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Please add $75 for Sat. departures

Varadero

Sirenis La Salina Varadero Beach Resort

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Jan. 14 - 24 • 1 wk.

$639
+Taxes & other fees: $160
Departure tax: 25 CUC cash, paid locally
Please add $50 for Sat. & Sun. departures

ARUBA

The Mill Resort & Suites

Royal rm.
Feb. 6, 13 & 27 • 1 wk.

$1049
+Taxes & other fees: $179

GRENADA

The Flamboyant Hotel & Villas

Standard rm.
Jan. 29 • 1 wk.

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+Taxes & other fees: $183

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